FRONT POCKET. cut 2. ↓ FOLD LINE ↓

SEWING INSTRUCTIONS for PEOPLE'S PANTS

POCKET. Turn under tops of pockets on fold lines and stitch. Press under along fold lines on remaining 3 sides of pocket. Pin pockets in place on pants legs and stitch 3/8 inch from edge and back around pocket 1/16 inch from edge.

LEG SEAM. Stitch inside pants seam and finish. [Finish one leg's seam toward front, other seam toward back--to have less bulk when crotch seam is sewn.]

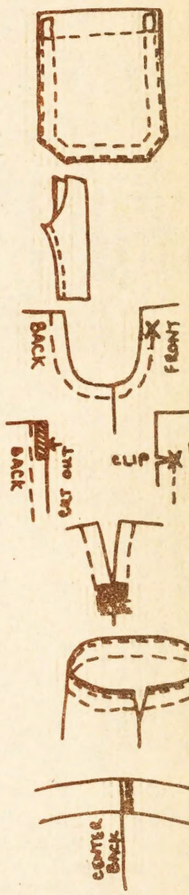
CROTCH SEAM. Stitch crotch seam from center back to X at center front. Clip to seam ending at X. Also, trim seam to 1/4 inch at center back as shown on pattern--to avoid a lump in the center of your back when you lean back. Finish seam.

FRONT OPENING. Fold front opening to inside. Reinforce opening by stitching back and forth on all 3 sides of opening.

WAIST BAND. Turn under waistband along fold lines. Stitch down. [Stitch 1/1/6 inch from top edge also--optional.]

TIE. Fold tie along lines. Stitch along both edges. Pull through waist opening. Then stitch down on seam line at center back to keep tie from pulling out.

HEM. Hem or fray bottom of pants legs.



HUNDRED FLOWERS VOL. II NO. 2 JANUARY 15, 1971

Vol. II

HUNDRED FLOWERS

No. 2

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A NORTHCOUNTRY FORTNIGHTLY JAN. 15. YEAR ONE.

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INSIDE:

- PEOPLE'S PEACE TREATY SIGNED - P.3
- MINNESOTA EIGHT TRIAL - P.5
- FOOD · YOGA · MUSIC · ASTHOLOGY

FOLD LINE ↑

PEOPLE'S PANTS -PP 9+10

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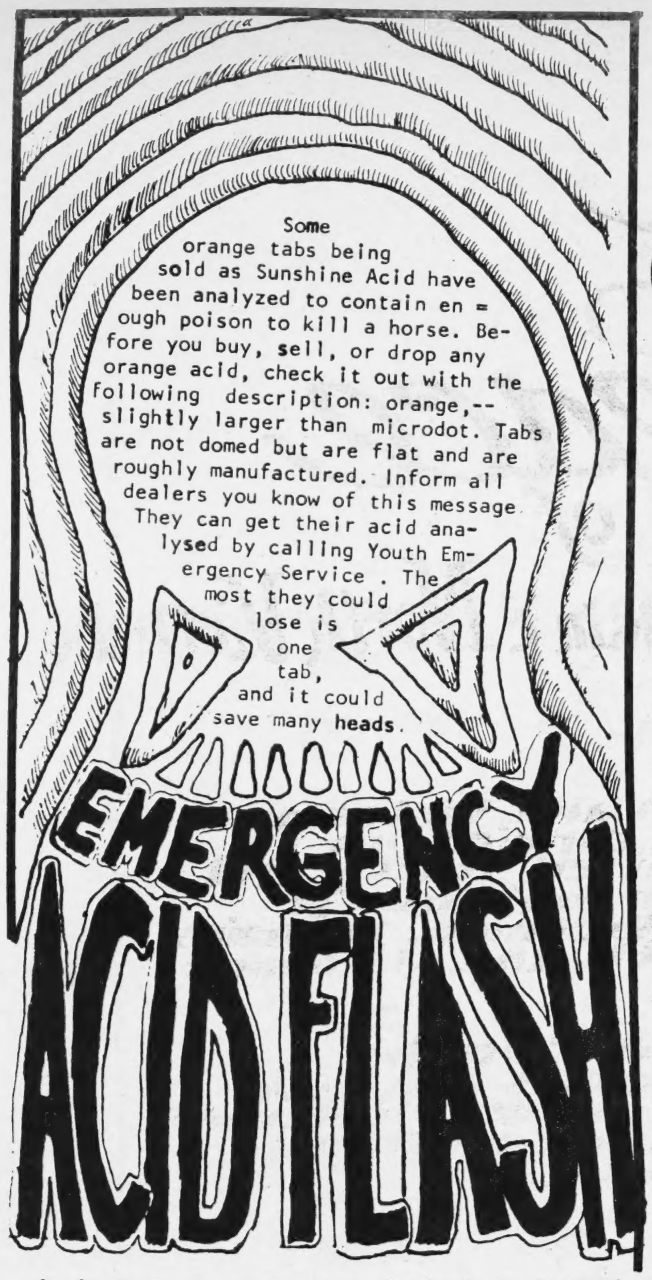
Some orange tabs being sold as Sunshine Acid have been analyzed to contain en = ough poison to kill a horse. Before you buy, sell, or drop any orange acid, check it out with the following description: orange,-- slightly larger than microdot. Tabs are not domed but are flat and are roughly manufactured. Inform all dealers you know of this message. They can get their acid analysed by calling Youth Emergency Service . The most they could lose is one tab, and it could save many heads.
EMERGENCY
ACID FLASH

Peace declared

Last weekend a conference in Chicago outlined plans for significant anti-war and radical activity to occur between now and the beginning of the summer. Although participants at the conference didn't pretend to adequately represent the entire anti-war, anti-racism or anti-repression movements, it did contain a wide variety of participants, ranging from union members to Yippies, from the National Welfare Rights Organization to the Clergy and Laymen Concerned About Vietnam, from local community organizers to Dave Dellinger and Jane Fonda.

This article is being written too close to deadline time (3 hrs) to adequately discuss the conference itself or its decisions, so a summary of the latter will have to suffice. In the next issue of the Flowers a more complete report will be ready.

The main issue discussed at the conference, and what will become one of the major political issues in the country in the coming months, is the People's Peace Treaty, recently negotiated between a delegation of Americans (including Rick Mcpherson, MSA President) and representatives of the people of North and South Vietnam (excluding the Thieu-Ky-Khiem regime).

The idea behind the treaty is that our present government has no real intention to end the war. At the very most the Nixon administration will try to reduce the involvement of U.S. ground troops while at the same time substantially increasing the bombing throughout Indochina; in that way Nixon and his friends hope to pacify anti-war sentiment in this country without at all reducing the death and destruction daily confronting the people of Southeast Asia. Therefore, the American people must act themselves not only to communicate their desire for peace to the Vietnamese people, but also to literally force an end to the inexcusable U.S. aggression in Indochina. It is felt that the Treaty, the text of which appears here, outlines a proposal for peace that can be readily accepted by the vast majority of American people.

Very briefly, plans for the Peace Treaty include two things. First, the gathering of widespread support for the Treaty in the form of ratifications. These would be sought from groups and individuals reflecting a wide range of constituencies, including anti-war groups (many of which have already acted), unions and union members, church groups, community organizations, community 'leaders,' etc., etc. Ratification might include such things as campus-wide and city-wide referendums, city council resolutions and the like.

The second phase of organizing around the Treaty involves the actual implementation of it. Obviously, without responsiveness from the Federal Government it would be rather difficult to physically remove the troops from Southeast Asia; but short of that, and in building toward that, many things can be done. At the Chicago conference plans were made for mass activity around implementation of the Treaty. Beginning May 1st, and continuing in some form through the first week of May (and hopefully until the end of the war), various types of activity will occur all over the country. These might include campus strikes, work stoppages, massive civil disobedience, and other more common forms of protest and resistance, such as tax refusal, consumer boycotts of war producers, marches, rallys, and so on. Any activity that would bring us closer to an end of the war will be encouraged. Beginning May 5th massive demonstrations for the Peace Treaty will begin in Washington D.C. Beginning that day and continuing as long as possible, people will remain in D.C., agitating for the end of the war and a reordering of priorities in this country. Large scale civil disobedience (possibly a sit-in at the capitol until Congress acts on the Peace Treaty?) will be planned for those who wish to participate.

Organizing around this People's Peace Treaty is beginning locally, and anyone who wishes to participate is encouraged to do so. Since the national conference only occured a few days ago there is no local office or organization set up as yet. For the time being people wishing to become involved should call Bill at 822-5978.

The other major activity planned at the conference reflects an attempt by the white radical movement to begin relating in a meaningful way to the needs of indigent and non-white peoples in this country. The white movement has always paid lip service to these needs. but has rarely if ever acted around the demands of such groups as the National Welfare Rights Organization, the United Farm Workers, the Southern Christian Leadership Conference or the Black Panther Party. On April 2,3 and 4 (the anniversary of Martin Luther King's assination) activity will occur behind the leadership of these and other organizations fighting for social justice against war, racism and repression. Activity that will occur on these dates is as yet unplanned, and the alliances that must be made locally in order to have effective white-non-white cooperation are as yet non-existant. Much building will have to be done in this area, not just for the April actions but for the future effectiveness of any movement for real social change.

The Chicago conference dealt less extensively with other proposals for action in the coming months. These included a national boycott of Standard Oil, one of the most racist and imperialistic of U.S. corporations, demonstrations at army bases on May 16, Armed Forces day, and TDA (The Day After) demonstrations following any further escalation of the war in Indochina. All of these and more are good and necessary programs for the progressive movement in this country, but each will require a good deal of effort on the part of local organizers. Interested persons could probably get more information from the same number given above for Peace Treaty information.

All of these planned activities and action proposals will require the collective effort of many people if they are to be at all successful. Whether we like it or not, as citizens of this country we owe a debt to the Vietnamese, to the disenfranchised in this society and to ourselves to act in order to turn our nation around from its murderous foreign and domestic policies (that's not rhetoric, that's the truth). Perhaps if we work to make the above outlined programs as successful as possible we may have started to pay off that debt.

HUNDRED FLOWERS

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A Joint Treaty of Peace
between the people of
The United States, South Vietnam & North Vietnam

Be it known that the American and Vietnamese people are not enemies. The war is carried out in the names of the people of the United States and South Vietnam but without our consent. It destroys the land and people of Vietnam. It drains America of its resources, its youth and its honor.

We hereby agree to end the war on the following terms, so that both peoples can live under the joy of independence and can devote themselves to building a society based on human equality and respect for the earth.

1. The Americans agree to immediate and total withdrawl from Vietnam, and publicly to set the date by which all American forces will be removed.

The Vietnamese pledge that as soon as the U.S. government publicly sets a date for total withdrawl:

2. They will enter discussions to secure the release of all American prisoners, including pilots captured while bombing North Vietnam.

3. There will be an immediate cease-fire between U.S. forces and those led by the Provisional Revolutionary Government of South Vietnam.

4. They will enter discussions on the procedures to guarantee the safety of all withdrawing troops.

5. The Americans pledge to end the imposition of Thieu-Ky-Khiem on the people of South Vietnam in order to insure their right to self-determination and so that all political prisoners can be released.

6. The Vietnamese pledge to form a provisional coalition government to organize democratic elections. All parties agree to respect the results of elections in which all South Vietnamese can participate freely without the presence of any foreign troops.

7. The South Vietnamese pledge to enter discussion of procedures to guarantee the safety and political freedom of those South Vietnamese who have collaborated with the U.S. or with the U.S.-supported regime.

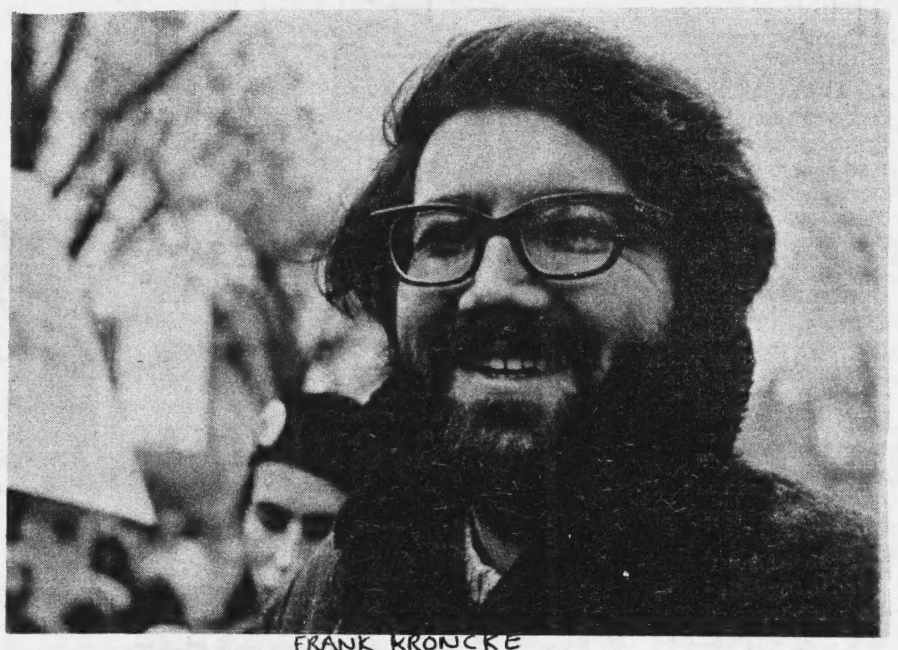
8. The Americans and Vietnamese agree to respect the independence, peace and neutrality of Laos and Cambodia in accord with the 1954 and 1962 Geneva conventions and not to interfere in the internal affairs of these two countries.

9. Upon these points of agreement, we pledge to end the war and resolve all other questions in the spirit of self-determination and mutual respect for the independence and political freedom of the people of Vietnam and the United States.

By ratifying this agreement, we pledge to take whatever actions are appropriate to implement the terms of this Joint Treaty and to insure its acceptance by the government of the United States.

BETWEEN LIFE

On December 28, 1970, five of the Minnesota eight were sentenced. Three recieved the maximum 5 year sentence, two recieved a "zip 6"- a special provision under the Youth Correctional Act. Two of the remaining "8" Mike Therriault and Frank Kroncke began trial on Monday Jan. 11 before Judge Phillip Neville in the Mpls. Federal Courthouse. Following is an account of the trial so far.



FRANK KRONCKE

Judge Phillip Neville ruled that he would allow defense testimony on the war and draft, in the trial of the remaining two of the Minnesota 8. In the recent trials of 5 other of the "8" the War in Vietnam was ruled irrelevant, even though the War in Vietnam was a major reason why they were in the draft offices.

If Neville had not allowed defense testimony on the war and draft the defense would not have had a case since the whole defense is based on their justification of entering the draft boards.

Dave Gutknecht, a defense witness and one of the founders of Twin Cities Draft Information Center, testified on the increasing draft resistance movement in the Twin Citites. Thor Anderson, prosecuting attorney, objected to the testimony as being irrelevant. Neville sustained the objection contrary to his ruling that he would allow testimony on the war and the draft.

Dave also testified that Twin Cities Draft Information Center was started to educate the community and promote action around the draft. But Neville would not allow Dave to testify that there are now over 100 draft cases in U.S. Distrct Court in theTwin Cities.

Defendant FrankKroncke, acting as his own lawyer, asked Dave if he felt there was moral justification for his work. Neville also ruled this irrelevant even though Frank is basing his case on the fact that the draft board raid was a religious act.

Ken Tilsen, lawyer for defendant Mike Therriault, then called Gordon Neilson, a Vietnam Veteran, to testify about the conditions in Vietnam.

Neilson, a corporal with India Co. 3 Battlion 5th Marines said his battlion was known as Igniting Eye because they burned every village they went through.

He testified he was involved in search and destroy missions. He stated they they search every "hooch" (thatched bamboo house) and asked people to come out. If they heard noises from within the hooch they threw a grenade in. He also said many hooches were burned as a matter of routine.

When Ken asked, "Can you discribe a hooch?" and "Can you discribe what happens to people when a grenade is thrown into a hooch?" The government objected saying that particular atrocities were not on trial. Ken responded with, "I'm not talking about atrocities, I'm talking about official U.S. government policy!"

A common method of interrogation in Vietnam is to put two Vietnamese prisoners on a helocopter and when up in the air if they will not talk, the one they think knows the least is thrown out. The other one will talk. Gordy testified that on one occasion he helped to interrogate a prisoner. He said he just helped to put this prisoner on a helecopter , but he did not know if the prisoner lived through the interrogation.

He went on to state that no one trained the marines in Vietnamese language or culture, and that most of the men knew nothing at allof the culture. He pointed out that "gook", a derogatory military term for the people of Vietnam, is a Vietnamese word for foreigner.

The next witness was Robert Anderson, a student at the U of M who served with the 198th Army Brigade in Vietnam. He testified that he was mostly involved in search and destroy missions in Vietnam.

He went on to testify that on these missions they killed all animals (chickens, cattle, waterbuffalo), broke all tools, scattered food on the ground and burned all the hooches in a village if they recieved sniper fire when they in the area. This even happened when the fire was not from the area of the village. Peasants would run ahead of the soldiers as they moved through the village, but were finally rounded up and flown out to refugee camps.

He said the army defined "enemy" in such a manner that all Vietnamese people could be the enemy. This seems true based on Amerika's past.

Dr. Romayne Taylor, U of M Professor of Far Eastern History, testified to the disorganization of the Vietnamese culture becauseof all the refugees(people whose homes and villages have been destroyed) that exist in Vietnam.

He further testified that over 1,100,000 Vietnamese have been killed, 2.2 million Vietnamese have been wounded and that there are over 2 million refugees in Vietnam. There are over 258,000 orphans and 131,000 widows. The term "genocide" has been ruled irrelevant.

Earlier, the government brought its case against the defendants. Thor Anderson called his first witness, FBI agent Ray Williams, a Hooverite for 19 years. He testified that he arrived in Little Falls at about 6 pm on July 10th and met with local police. He entered the Morrison County local draft board at about 9pm and along with 3 other special agents They waited in an adjoining office until shortly after 11:30 when he heard a sound to the rear of the building. He said he heard the sound of something ripping, breaking glass and metal pounding on metal.

He testified that they waited about 12 to 15 minutes before entering the office. He entered the reception room first and found the window open and the screen cut.

He later entered the room which contained the files and saw an army type knapsack, jammed file cabinets, garbage can liners and other tools.

He later found the defendants car in the rear of the building, that was registered to the Kroncke family. Agent Williams testified that he found 4 letters addressed to various news media.

Attorney Tilsen pointed out through cross-examination that the defendants had no weapons or explosivesonin their possesion when they were arrested. They also talked openly to the agents about why they were there.

The government then called James Bentley, ayoung FBI agent, who testified that he saw some papers in some plastic garbage can liners on the floor.

can liners on the floor of the draft office. He searched Mike Therriault and found a pocket knife, matches and a pen flashlight.

Bentley then proceeded to introduce the government's evidence: glass cutter, pliers, hammer, scotch tape, pry bar, and screw driver, plus 16 photographs he took of the defendants and the condition of the room after the defendants had entered that night.

During cross-examination the young piglet said there was a general feeling of friendliness between the agents and the defendants. He said ~~said they~~ about the war and related subjects.

Thor Anderson then called Charles McCullough , a 6 year veteran of Hoover's heros, to testify that he obtained a search warrant from the Commissioner to search Kroncke's auto which was impounded by theLittle Falls police. He said he found four letters, one of which was addressed to the Little Falls Transcript, the Little Falls newspaper; one to AP; one to UPI; and one to the Mp's. Star and Tribune.

Under cross-examination the agent testified as to the contents of the letter to the Little Falls Transcript. He read: "We the Minnesota Conspiracy to Save Lives destroyed all the 1-A files of Morrison County...." McCullough said he was familiar with a group call the Eastcoast Conspiracy to Save Lives, who destroyed draft files on the east coast. Frank Kroncke pointed out the two "could be related."

The prosecution then called Col. Robert Knight, State Director of Selective Service, to testify the registration cards (form 1), the ledger books (form102) and the files of a local board. He stated that if a draft board lost these items they would not be able to draft anyone from those boards and would have to meet the call from other boards.

During cross-examination Col Knight testified that there has been about 7 or 8 draft office raids in Minnesota in 1970. He said that at some boards it took 2 to 3 months before that board was back in operation.

The government then called its last witness Mrs Jane Gedde, executive secretary of the local board. However, at the time of the raid she was a clerical assistant at the draft boards in Little Falls and Brainerd, Minnesota. She identified the registration cards that were in the plastic garbage can liner bags offered into evidence by the government.

Before the trial began Pig Neville denied a petition for writ of Habius corpus to bring Daniel and Phil Berrigan to court to testify about the Catholic Radical movement. The Berrigan brothers are currently in Danbury Prison in Danbury, Conn. for two convictions of destroying draft files in Boston and Catonsville.

Then Neville conducted the "vior dire", questions asked of prospective jurors. He took about twice as much time as did Pig Devitt to establish an image of a fair trial. A jury of 7 women and 5 men have been selected.

Neville denied the motion made by the prosecution to sequester the jury.

MIKE THERRIAULT

AND DEATH

"Don't let those silly fascists pluck at your nerves...Smile, and know that they are sad, and completely void of the love that people like you possess." Ericka Huggins

ERICKA AND BOBBY

NEW HAVEN, Conn. (LNS)--Ericka knew there would be a lot of us waiting to get into the trial that day -- someone had managed to tell her that we'd be there. But we didn't know she knew. It was January 8, the 59th day of a jury selection that may become one of the longest in history.

Every day Ericka emerges with her lawyer, Catherine Roraback, from a second floor double-doored room in New Haven's marble courthouse. For about five seconds, the people waiting to get in, can see her on the balcony before she is taken into the courtroom. There she sits at the defense table with co-defendant Bobby Seale, watching a long train of prospective jurors go up to the stand--most of them come down again, unchosen. Out of 600 candidates, only 5 jurors have so far been picked. It's not easy to find 12 "impartial" jurors that both the defense and the prosecution can agree upon.

I was waiting in line when the double doors opened. It was one of the few days since the trial began that there were going to be too many people to fit into the courtroom, which only seats 29 spectators. We were on our feet suddenly as Ericka came out the door. In the five seconds we had, I was struck by the image of a very bright, warm face, a cloud of black hair; the way she smiled when she saw all of us reminded me, in the confusion, like the sun coming up. I raised my fist to her. Then she disappeared into the courtroom.

When Ericka testified about prison conditions (in a suit she and Bobby brought against the State of Connecticut), she described a headband she had made (for Rose Smith, a fellow defendant)-- she had engraved the word REVOLT on it. Prison authorities soon confiscated it as "dangerous". We women who hadn't fit into the courtroom made headbands of yellow construction paper with the word REVOLT in black magic marker, and prepared for Ericka's exit from the court.

Court let out for the day at one O'clock. We were gathered right outside. In the driveway of the courthouse, a new maroon automobile was waiting. A man in a slick black suit was rapidly pumping the accelerator. Two or three other state police, similarly dressed, waited next to the car to guard there two charges all the way back to their respective prisons.

Bobby was the first to come out. There hasn't been much popular support in visible form for a long time in New Haven, since the trial of Lonnie McLucas ended (with his 15 year conviction) and the trial of Ericka and Bobby began. Perhaps the two Panthers now on trial for their lives became, through a long process of transmutation, an ideological abstraction to people in the movement. One visit to the courtroom or a one-minute confrontation with the faces of Bobby Seale and Ericka Huggins changes that.

Bobby was startled to see us--about three dozen women wearing headbands. The guards quickly put him into the car. The cop at the wheel pumped the car furiously. The exhaust was speeding out the tailpipe.

ERICKA HUGGINS POLITICAL PRISONER B.P.P.

Cops told us to get the hell across the street. But first Bobby saw our fists, and heard as much noise as we could get out. His face looked very beautiful as he was rushed off in the back seat of the car. We saw him raise his hands as high as he could, and keep them there, straining against the hand-cuffs, two fists, two fists up as long as he could still see us. The car disappeared with its prisoner in it.

There was a fifteen minute break, while guards tried to decide which driveway to sneak Ericka out of, so that she couldn't see us. We stationed people at the other driveway, too, just to make sure.

We were across the street now, still wearing our headbands. Ericka appeared and saw us. The men pushed her into the car with still another black-suited policeman in the driver's seat. We ran out into the street as soon as the car began to pull out. With a roar, the car began to dash away, but not before we saw her and she saw us. Ericka, wearing a coat which swallowed her up, had that incredible smile on her face. We hollered war-whoops and ran as fast behind the car as we could, ignoring the lethargic mid-day traffic.

Ericka turned around to look back at us. We could see the stiff backs of the men seated beside her in the car. She rides every day to the courthouse from the prison and to the prison from the courthouse, two hours a day with them and only half a minute with us. She kept her head turned sharply back as long as we were in sight.

It was easy to cry then, as the exhaust fumes slowly disappeared into the crusts of snow and ice that are left from the last snow that fell in New Haven. We took our headbands off, and then we looked at each other and put them back on. A plainclothes cop saw one headband rolling across the street towards him. He sneered and stepped on it.

It was just one day of the trial, and a small revolt. But we'll be back again;.as the trial drags on thrugh the winter and into the spring, we'll be back.

EIGHT DEMO TRIAL

The defendants waived the right to a jury (of their peers?) in the trial of 14 men and woman charged with Breach of the Peace, Unlawful Assembly and Obscenity in public. The charges stem from a July 11th demonstration in support of the Minn. 8, who were in jail on Sabotage charges at $50,000 bail.

Three police officers were unable to identify two defendants they supposedly arrested. Two Tac Squad officers could not identify Mark Larson, who is charged with Breach of peace and Unlawful Assembly, but identified two other defendants as Mark Larson. Insp. Egblad identified Doug Gutknecht rather than his brother Dave, the man in question.

Officer Ronald Findorf testified that he arrested Steve Seman for giving him the finger. He is charged with Obscenity in Public, however, he actually gave him the V.

Gaylord Gladwynn of the Mpls. Tac. Squad testified that he chased and subdued Kelby de la Pena when he saw Kelby running with the helmet of another member of the Tac. Squad.

Earlier, Fred Spencer, prosecuting attorney, opened his case by calling Insp. Egblad of the Mpls. Police to testify about conditions in the street and about the arrests he made.

Insp. Egblad testified that he heard demonstrators shout obscenities such as; motherfucker, pig, cocksucker, bastard and Son-of-a-bitch. He also stated that he observed an unidentified girl break the windows in the door on the 5th St. entrance to the courthouse.

He further testified that he observed a squad car that had blocked off two lanes of 5th street for the safety of the demonstrators who overcrowded sidewalks into two lanes of the street. He said that he announced that the crowd constituted an unlawful assembly after the front windows were broken.

He continued his testimony by saying that he arrested three defendants, John 'Jack' Craig Jeff Johnson and Dave Gutknecht. He said they were shouting obscenities and "urging the crowd to stay and fight the pigs".

During cross-examination Insp. Egblad became confused revealing the total fabrication of his testimony. He contradicted himself a number of times when he recieved a thorough drilling from 4 defense lawyers.

However, during redirect questioning of the witness, he said that Sgt. Dale Johnson assisted him in the arrests. He later could identify Dave Gutknecht even though Egblad could not.

A defendant later pointed out that non of the people Egblad said he arrested were arrested by him. He said that two of them were arrested by four members of the tac. squad who ruffed them up a bit. He stated that they had a witness (a working class middle-aged man) to testify about it.

Women and Men

When we were little, this was how we thought about marriage:

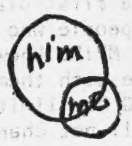
safe inside final

Later we had a period of free sex:

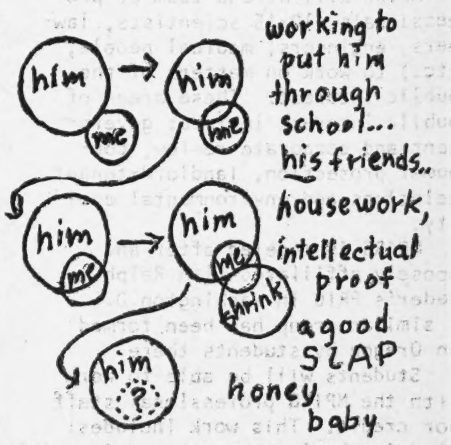
then we tried: shrinks, yoga, clothes, politics, poetry, drinking, diets, bitterness, bitterness, revenge.

By the time we settled down with one man we had learned that a woman has to do her own thing as well.

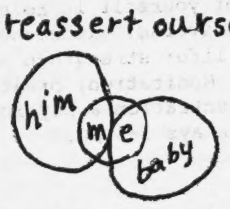
Our ideas and lives varied, but in general it felt like this:



Sometimes we noticed this beginning to happen:



Sometimes we had babies to reassert ourselves:



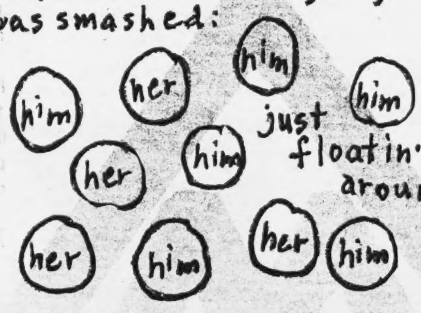
but really:

When people talked about "smashing monogamy," we remembered the period "free sex" and got scared.

When we tried to put it into practice it usually worked out like this:

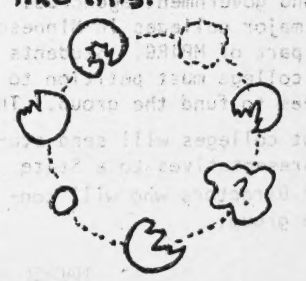
big deal

A man described what it might look like after monogamy was smashed:



I thought that was scary but didn't say so because I didn't want to sound like the clinging type.

At some point we all brought what ever we had to a women's collective. The first meeting was like this:



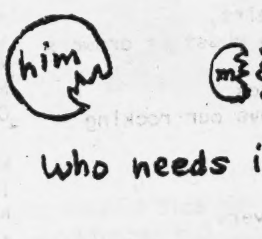
We had a hard time but a lot of things happened.

While I was tripping once I thought about us being together and separate sort of like this:

looks
thoughts
experiences
work
sex
laughs
trips
climbing mountains
etc,
etc...

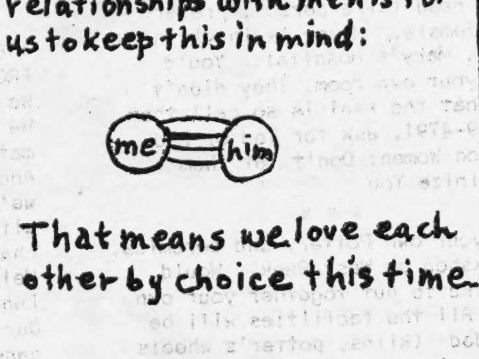
(but the picture is too static because really the image was vibrating back and forth)

I feel like we're moving toward this:



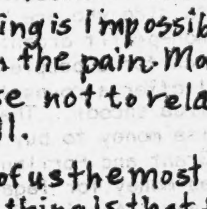
but we're not <u>there</u> yet.

Many of us felt this beginning to happen:

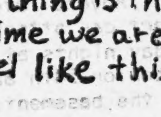


Even some of us who were not with men felt this because it was happening <u>to</u> us.

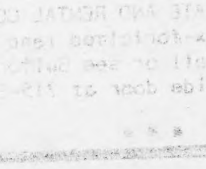
It made us afraid of this:



or this:



or this:



but the whole point of it all was to achieve this:

and every once in a while we felt like this:

It was scary for the men, too. We began to see that a lot of them felt like this:

him?

where?

Some men seemed to want to do this:

But the men mainly seemed afraid of this:

"castrating"

"rejecting, cold, bitter"

"taking it all out on me"

Those of us who are with men are trying to do something like this:

It could work out like this:

or maybe even this:

Commune

6 HUNDRED EI

It doesn't have much to do with rules about who sleeps with who or how many people, or what sex they are. It has to be worked out according to how we feel.

But remember, we started out like this:

Who needs it?

There's a lot of pain, risk, and fear in the changes we want—if you think there's not, you don't understand yet.

The best hope for our relationships with men is for us to keep this in mind:

That means we love each other by choice this time.

Many relationships will not survive these changes. Men's fears will often make them fight against us.

Often women will decide the whole thing is impossible or not worth the pain. Many will choose not to relate to men at all.

But for all of us the most important thing is that for the first time we are beginning to feel like this:

Petitioning begins next week (Jan. 20) at the U of M to raise incidental fees by a dollar per quarter in order to fund the Minnesota Public Interest Research Group (MPIRG). A majority of the students on the campus must sign the petition to make it meaningful.

MPIRG will hire a team of professionals (10-15 scientists, lawyers, engineers, medical people, etc.) to work on matters of the public interest. These areas of public interest include: government and corporate review, consumer protection, landlord-tenant relations and environmental quality.

MPIRG is modeled after and loosely affiliated with Ralph Nader's PRIG in Washington D.C. A similar group has been formed in Oregon by students there.

Students will be able to work with the MPIRG professional staff for credit. This work includes: 1) doing basic research and investigations, 2) creating massive student and public education and 3) attempting solutions by working with community groups, legislative bodies and government agencies.

Most major colleges in Minnesota will be part of MPIRG. Students at each college must petition to raise fees to fund the group. The different colleges will send student representatives to a State Board of Directors who will control the group.

Like every other group, there are faults with MPIRG. It reinforces the idea that a few scientists and lawyers working within the political system can solve the problems of America. It contributes to a liberal-guilt money trip: pay my dollar and everything's gonna be alright.

Instead of working to raise money to pay professionals, people should be working to turn professionals on to serving the people full-time without pay. Instead of working to protect the consumer, people should be working to end consumerism (why force GE to make a well-built electric can opener instead of a shoddy one when you don't need it in the first place?).

But most of the people who are working to organize MPIRG know of the faults and agree with them. They know that MPIRG has limited capabilities and will not change everything. Let's take MPIRG for what it is and realize that it has a lot of advantages.

MPIRG can educate the people with accurate researched data to show the corruptions in the old system. It can destroy faith in the old system, i.e. the belief that corporations do basically good things and that government regulatory agencies are watching out for the people. MPIRG will be affiliated with Nader and he's done good things in telling the people about what's really happening.

MPIRG is a step towards turning professional people on to what serving the people is about. It's a long jump from $25,000 to a movement commune and brown rice.

MPIRG will get students to work on community problems who have never been socially active before. More people will learn about the role of corporations in our lives. This group can give students (and faculty) the opportunity to use class requirements to work on community problems.

We need to know the technical information that these people can provide. Colleges can offer a lot of important aid if they are used right. We do need things like MPIRG in Minnesota.

So as long as you realize that MPIRG is merely opening up a new front in the war and that it is meant in harmony with lifestyle, political-economic, and consciousness change; then MPIRG is cool.

Go over to 225 Coffman (376-7554) to say you want to help.

NADER

Ralph Nader will speak at several Minnesota colleges Monday, Jan. 25. He will speak at the U of M at 12:15 pm (CMU) and at Gustavus, Mankato, St. Cloud, St. John's and St. Ben's.

RAIDER

Don Ross, one of Nader's so-called Raiders, will be in Minnesota next week, Jan 17-25 to speak to students at different schools in the state.

NEW CENTER, NEW CONSCIOUSNESS

LIGHT SHOW: "God's I in Space" Light/Sound experience: New Age Electric Art--A voyage through echoes and rainbows into the Cosmic I--Universal Mind. Vision of Peace & Love in music & color. Donation: $1.

DANCE WORKSHOP: Beginning modern dance technique. For people with little or no dance background. Warm-up; exercise; flexibility; body sensitivity. Wear tights (bare feet) and leotard. Tuesdays 7:30-9 pm. Donation: $1.

ENCOUNTER GROUP: Communications & personal interaction. Bringing out and looking at difficulties which prevent people from being happy. "Getting straight with life--Heads and hearts together." Thursdays 7:30-9 pm. Donation $1.

YOGA CLASS: Ancient Eastern methods of opening channels to higher understanding of yourself in relation to the universe. Increase enjoyment of life; strengthen ability to work. Meditation; breath control; concentration & physical movement. Sundays 3-5 pm. Donation: $1.

sunny sides art supplies
927 hennepin avenue
mpls, minn 55403
338 8420

BULLETIN BOARD

The Bulletin Board is a free service to the community offered by HUNDRED FLOWERS. Send messages to 529 Cedar Ave

THE CEDAR-RIVERSIDE PEOPLE's Center needs 4 goose-neck lamps for the medical exam rooms, large floor model ash trays for the waiting rooms, a radio and musicians to play in the waiting rooms so it won't be such a drag to wait. They also need plumbers and electricians to help set up the dentistry equipment. Contact either James Belka at 332-4973 or Dean Zimmerman at 339-5782.

* * *

LEACH POTTERYWHEEL FOR SALE. Cost plus customs $225 Call Savran's at 333-0098.

* * *

ABRAXAS is a bunch of young kids from the South side who are trying to set up a non-profit organization to buy a church for a peoples' center. It will offer a counselling service and free shcool. They are trying to raise money to buy the building on Grant and Portland. They also need money for legal fees or a lawyer. Anyone interested in this project can attend the meetings on Tuesday nights at 7:30 at the Pizza Garden on 54th and Nicollet ave. in the basement.

* * *

FREE REAL ESTATE AND RENTAL COUNSELing, also Tax-forfeited land information. Call or see Buttons, 339-4310 or Side door at 715-E. 14th Street.

* * *

SUNWATER SEED, 2800-Nicollet (formerly the Zodiac) is under new management. Always one Macro-special. Good prices. Open 7 am to 10 pm. Longer hours soon.

* * *

500 FUR COATS unclaimed from storage, Big variety, must unload. $9.95 lowest. call 374-5513.

* * *

URBAN ARTS/ARTS OPPORTUNITY PROgram exhibition of student work at the Minneapolis Institute of Arts Jan 11-16 in the photography gallery; Silk screens, photographs, architectural models, paintings. Good vibes, FREE.

* * *

TWO RATHER HELPLESS MALES with house need third person, preferably female. House is in vicinity of St. Mary's Hospital. You'd have your own room. They didn't say what the rent is so call them at 339-4791. ask for Ted or Rod. Caution Women: Don't let them chauvinize You

* * *

Make your own Pottery and ceramics. A workshop on West Bank. Would you like to put together your own pots? All the facilities will be provided (kilns, potter's wheels clays, glazes,) instruction also for beginners. all we need is enough interest. Call 335-5783 for further details.

* * *

GUITAR INSTRUCTION
BEGINNING & ADVANCED
Rock*Folk*Jazz*C&W*Bluegrass
BEGINNING
Flamenco*Classical
STUDIES in harmony, theory and sight reading if desired.
STUDIO IN DINKYTOWN. call 339-6270

* * *

ELGIN PORTABLE AC-DC Tape Deck plus 20 tapes. $65 4449-33rd Ave So John downstairs.

* * *

People's Pantry now has Basic-H & Basic-L for all washing purposes.

* * *

A BRIEF, BUT URGENT, DIRE PLEA FROM LINDY SUNSHINE AND BETTY
We need a mop
We need some chairs,
mattresses and a chest of drawers
And with luck
we'll find a truck
with which to move our rocking chair.
Help your sisters
Lend a hand
Our new home is very bare.
2813
15th avenue
is where we live--
up the stairs.

SPLITTING FOR NEW JERSEY: Getting rid of all my shit at phenomenal close out prices. Typewriter, electrical appliances, T.V., beds, bedding, books, records, carpets, furniture, cheap thrills, mirrors, dope, nicknacks, women's clothes, Come in and check out the stuff while the sale lasts. I'll be glad you did. Jane 335-7464.

* * *

We are a small bunch of people into crafts and life who'd like to be able to make a living selling what we make. candles for yourself or re-sale' we make these and many other things too. And if you've any crafts, objects or job you need done, we're open to suggestions. Call 724-7041 RUBICON, 3028-12th Ave So. Back door. (call first)

* * *

RIDE WANTED TO DES MOINES, Iowa, any weekend, round trip or one way, share expenses and driving. Write Becca Brackett, Carleton, Northfield Minn, (Close to 35W) Call 645-4431 ext. 318.

* * *

PHOENIX SCHOOL NEEDS the following things for its operations: Kitchen tile, linoleum and carpets for all the floors, paint, a piano, amplifier from an old stereo, and money for repairs and donated time. Call 338-7359. They need this stuff to continue in operation.

* * *

CRUCIFIED AGAIN...

L.A. Freep

A festival to celebrate the birth of Christ which was held in Laguna Beach, California and was to last for an indefinate period of time was ended after three days of peace and music by riot police equiped with rifles.

Tens of thousands were able to attend the festival for free as the result of volunteered work, donations(including 500 acres of land for the festival site, lumber for the stage, stage equipement, and money for other facilities). Those who organised the festival say the whole thing was able to happen only through a series of miracles.

For those sho attended it was a second Woodstock. To quote Day Star (psuedonym for one one of the organisers): "It was apparant to everyone that a New Consciousness was born on earth that would soon shake the foundations of the world." By mid afternoon that first day 50,000 people had arrived and traffic was backed up for miles in every direction. At nightfall police had sealed off the whole city of Laguna. Many major groups were trying to enter to play, but were not allowed past police lines with their equipment. Local muscians began to perform in their place. The only widely known performer their was Buddy Miles who jammed with the locals.

Up til the third night people were able to walk from the police barricades to the site, a 5-10 mile hike. However,on the third night doctors, toilet facilities, and food were refused entry by police. The promoters think this happened because of a statement made which was quoted in the L.A. Times saying:"This is Gods land and as his children we are going to stay here until a higher authority removes us." Durring this day it was also announced from the stage that this was the age of Aquarius, that Christ has returned to earth in the form of thousands of chosen ones, and that the spirit of this age is beyond drugs,Yoga, Jesus, meditation, analyzation, and everything else. At this time 20,000 people held a match flame in the air and chanted AUM(OM).

The next communication from the higher authorities said everyone was to be out by sunrise. This was announced from the stage, but people were asked to make their own decisions. It was decided to stay the night and clean everything up the next day.

At sunrise the next morning a helicopter flew over and announced that everyone had to disperse immediately. In a few moments riot police armed with rifles appeared on the surrounding hills. Even people attempting to clean the grounds were forced to leave. Several people were maced and r beaten for not moving fast enough. Medical cases had to walk out on their own.

Police completely took over, and just to illustrate their cock mentality they bulldozed the stage(that had become the alter of music and energy) into a pile and burned it. As people were waiting in buses to be driven into town (from where they would have to walk to their cars, hopefully getting their before they were towed away) someone yelled "pigs" out a window. A cop sprayed mace in the windows to be sure everyone got the message.

PSYCHEDELIC GENDER

HARRY

Not chromosome damage and deformities but girl babies are the end result of pregnant women taking LSD.

Dr. David Smith, along with Dr. John Aase has completed a study in which the two doctors studied 10 babies born to mothers who had taken LSD during pregnancy. As a control they also studied a group of ten babies from mothers who have never taken LSD. Their findings showed that none of the twenty showed birth defects, nor was there any discernable chromosome damage The only outstanding difference between the two groups was that all the LSD babies were girls.

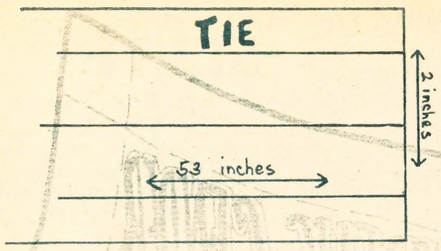
Dr. Smith said he was critical of past research done on the effects of LSD on chromosomes and the unborn fetus because the actual evidence from these studies has been extrapolated far beyond what was actually observed. He also stressed that the findings from his studies were also quite rudementary and could not be carried too far beyond the actual observations of the study. "With LSD you have a situation where everyone is so interested in finding as many things wrong with it as possible, that objective research becomes rather difficult.

The first LSD research concluded that acid might cause chromosome damage in human beings, but it was done with white blood cells in a "test tube" situation. Pure LSD was placed directly upon the lymphocytes and the result was chromosome breakage in some cells. However, Dr. Smith explained that the same effect could be acheived with aspirin, caffeine, and many other substances.

Soon after this study a doctor in New York published findings which showed that, out of five babies whose mothers had taken LSD during pregnancy, two had signs of chromosome damage. "About two percent of all babies are born with some malformation anyway," Dr. Smith said.

Dr. Smith became more interested in the results of his own study after he had read an unrelated report on the offspring of Schizophrenic parents. He said that in this study all mothers who showed psychotic symptoms within one month after conception had girl babies.

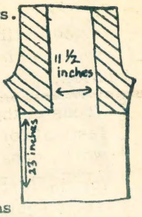
Becausethere are similarities between schizophrenia and the symptoms of having taken LSD, Dr. Smith said he thinks there may be a connection as to why they both cause the rejection of the XY (male) fetus.



AMOUNT OF FABRIC. Twice length from waist to ankle plus 1/4 yard.

FINISHING SEAMS. A flat-felt seam is best for pants. Look up in a sewing book or ask someone who sews.

SIZE. Approximately 30 inch waist, 30 inch inseam men's pants or maybe 26 or 28 inch women's pants. The fit is similar to navy bellbottom jeans. In fact, the pockets are copied from navy jeans. This size fits a lot of people.



LAY OUT. Cut pattern in two. Lay out 11 1/2 inches apart. Add 23 inches to bottom of pattern. If you lay out carefully and follow instructions closely, you will have a pair of comfortable, good fitting pants. I hope to soon start selling denim and thread at cost.

--susan

BROTHERS AND SISTERS, THIS IS A PANTS PATTERN THAT ALMOST ANYONE WILL BE ABLE TO FOLLOW. THE PATTERNS FOR THE POCKETS ARE ON THE FRONT AND BACK COVERS. HAPPY SEWING!

ARSENIC MAKES YOUR CHICKEN FAT

WASHINGTON(LNS)--The Agriculture Department has admitted that up to one quarter of the poultry samples tested in 1968 and 1969 contained "excessive residues" of arsenic.

The officials hastily add that the arsenic is "organic." Now that people know that organic food is good for you, the Department hopes we won't mind ingesting organic poison. Murder-mystery arsenic is of the "inorganic" type, officials say, and is a lot more toxic than organic arsenic. Just how toxic organic arsenic is, however, they don't say.

Where does the arsenic in chickens come from? They add it to poultry feed to make the birds fatter.

DRUG INDUSTRY SUPPRESSES VITAMIN C's COLD CURE.

Nobel laureate Linus Pauling states in his new book that vitamin C taken in sufficient quantities is all that is needed to cure the common cold and influenza.

Pauling asserts in Vitamin C and the Common Cold that the drug industry has covered up this fact for 40 years in order to protect the $50 million a year it takes off drugs shich only releive cold symptoms, and have no curative powers.

A daily dosage of 2,000 milligrams of vitamin C will prevent most flues and colds. If you should come down with one anyway, Pauling advises to start taking 1,000 milligrams an hour until the symptoms disappear -- usually just a few hours. Then take 3,000 milligrams a day for the next few days to finish the job.

The value of Vitamin C has long been suppressed because the capitalist economy is organized for profit, not for need. A social revolution is required to change this basic fact of our society.

SEX SEX SEX

Some doctors sown in Brazil have found another reason to quit smoking cigarettes. Seems they found out that non-smokers enjoy a more intense sex life because tobacco poisons the nervous system and impairs performance. Check it out.

CENTER BACK

↓ FOLD LINE ↓

CENTER FRONT

↓ FOLD LINE ↓

HUNDRED FLOWERS NEEDS: FELT TIP PENS; BALL POINT PENS; I.B.M. SELECTRIC TYPE BALLS; TYPEWRITER AND MIMEOGRAPH PAPER; SNOW TIRES FOR 14 INCH WHEELS; BLUE COPY PENCILS; MAGIC MARKERS; A BOTTLE OF RAPIDOGRAPH TYPE INDIA INK; A SHORTWAVE RADIO; AND VOLUNTEER PHOTOGRAPHERS, WRITERS, AND REPORTERS.

BARS BAMBOO BEHIND SOUTH

CHI HOA PRISON, South Vietnam (LNS)-- The "tiger cages" on Con Son Island, South Vietnam made headlines last July when a fact-finding tour of American congressmen stumbled upon these cells where Vietnamese political prisoners are held. Con Son, described as a "re-education center" before the scandal broke, was exposed in the press as a complex of inhuman torture chambers.

Official U.S. opinion reflected in the straight press was one of polite horror. The U.S. had "nothing directly" to do with the conditions, of course, but we were chastised for not bringing our standards of humaneness to bear on South Vietnamese prison officials. Reform was promised. Pressure would be put on.

After the bizarre human interest value of the story died down, nothing more was heard of Con Son Island. Even now, when there is so much lamenting about the U.S. POW's in the North, there has been no further mention of prisoners in South Vietnam. Perhaps people assumed that the South Vietnamese government was really going to destroy the tiger cages, as they announced shortly after the expose hit the papers. Later, it was reported that the cages would not be destroyed but "repaired." Five hundred prisoners were moved out of Con Son with much fanfare. But the cages are still in use.

A document smuggled out of Chi Hoa Prison by women who had been imprisoned in Con Son recently found its way to Don Luce. Luce was in Vietnam with International Voluntary Service for 12 years, until he resigned to protest the war. He was recently fired from his post as an AP reporter. Still in Vietnam on a grant from the World Council of Churches, Luce translated the letter and sent it to this country.

The women who wrote the letter were political prisoners. They had been taken to Con Son as punishment for a hunger strike in another jail protesting the murder of a fellow inmate.

All of the prisoners on Con Son Island are being confined, tortured, and murdered, for protesting the American presence in their country, for demanding peace, or for not "actively denouncing the Communists."

* * *

The women were transferred to Con Son after they went on strike demanding that conditions of prisoners be improved, that prisoners not be beaten and tortured, and that women unsentenced or with expired sentences, as well as the sick and crippled, be released.

In the middle of the night, a loudspeaker told them to *"pack your luggage and get ready to move on to another place. You will find better conditions and comforts at the new place."* They were reassured that *"military police will help the women with packing, and will not beat the women."*

As soon as the loudspeaker went off, a shower of lime dust and tear gas fell on the women, and they were beaten and dragged from their cells by armed police, under the direction of the wardens and in the presence of officials from the Ministry of Interior, Police Headquarters, and National Directorate of the jail.

Dragging us down the steps, they threw us one on top of the other and stepped on our bodies. Lime was thrown on two of the babies who were about two months old. We thought they could not survive. At the prison gate they threw us into the trucks like animals. Our bodies burned -- our bleeding wounds were mixed with lime dust. Our clothes were torn, some of us were naked. Some big trustees got into the truck, shackled us, and threw more lime on us. While waiting at the airport, shackled, the trustees and military field police continued to beat us and threw more bags of lime. Then they threw us onto the U.S. military planes. The Americans who were watching laughed.

The tiger cages were built with U.S. dollars and so is the detention equipment. The U.S. has an advisory body to handle such matters on the island. The 450,000 dollars they spend each year for the prisons in South Vietnam are not meant to improve them, but to build more. For prisons are needed to "detain" the population who oppose the present Saigon regime and its complicity with the U.S. All "troublemakers" are herded into concentrated zones, otherwise known as detention camps, "rehabilitation" or "reducation centers" --or "tiger cages."

A tiger cage is five feet wide, ten feet long and eight feet high. The walls are made of stones a foot thick. Above us were the iron bars. In each cell there is a cement bench, less than 3 feet wide, six feet long, and two feet off the ground.

The cells were narrow and hot. Five of us were in one cell so we had to divide the space: two people lay on the cement bench and three persons lay below, squeezed together like canned fish, the limited space occupied by the iron bars used to shackle us. One of us had to lie sideways, close to the latrine bucket, with her legs bent day and night. Over our heads on the iron bars, there was always a barrel of lime dust. The trustee prisoners were allowed to place canvas beds over the iron bars where they could sleep and watch us day and night.

Across from the tiger cages are the outdoor toilets which continuously send out bad smells. Each gust of wind brings the dust from the toilets and covers our head, eyes and nose as well as our food and water. At night we could not sleep because of the cold, the mosquitos, our dirty clothes, thirst, and because of the trustees sleeping above our heads.

We were never given enough food and drink. If we asked for more they sometimes answered by mixing our rice with petroleum or mixing our dried rotten fish with soap, or giving us uncooked rice. Often they did not allow us to wash our bowls. So we had to eat out of dirty bowls which the flies, dogs and poultry stepped on, and the mice ran over. Rice was usually mixed with the dust from the outdoor toilets.

Each day, they allowed us to empty our latrine bucket once. The narrow hot cells always smelled of excrement and urine. Each day when they opened the cell door, flies came into the cell in swarms. At night the bugs crept all over the walls and mosquitos flew around sucking the prisoners' blood until morning. There were thousands of mosquitos and bugs, their bellies swelling with the blood they sucked until they could not fly or creep anymore. Ants and worms also bit us, our bodies itched and we were festering from scratching.

Each week we were allowed to wash ourselves three times. Each time they gave us five minutes, time enough to quickly undress and pour one or two cans of water over our bodies. Sometimes before we could put our clothes on, the trustees would push the door open and come in with their whips, looking at us naked, swearing and kicking over the bucket and the remaining water, not allowing us to wash our clothes.

The conditions at Con Son caused many of us to suffer intestinal diseases, stomach disorders, diarrhea, cholera, malaria, TB, typhoid, as well as open wounds and the vomiting. When any of us fell seriously ill and when we called for emergency treatment, not only did the trustees do nothing but they also threatened to throw more lime on us and swore:

"This is a cattle cage."

"These are brick and lime kilns."

"If you do not obey and if you keep demanding things, we'll give you more lime dust."

"Death is common in Con Son. If you die, we'll send you to the cemetery of Hang Duong."

One of the women had cholera and called for the nurses. However, no nurse was sent down. She was accused of being a "peace disturber" and her arms and legs were shackled to an iron bar. She lay there in the midst of the feces.

VIET NAM

In the eight months the women were at Con Son, they were "repressed" twice with lime dust. (Lime was used in Nazi Germany to cover and slowly dissolve the bodies of Jews who were thrown alive into trench graves.) On the fourth day of Tet (the lunar New Year), a sacred day in Vietnamese tradition, the women were beaten in the dispensary and in their cells. When they protested, they were immediately showered with lime dust. The second time, the women began protesting when they heard men in nearby tiger cages screaming.

We heard orders given to "throw lime on them until they die." So the trustees rushed towards us, throwing bags and buckets of lime upon us, which had been set on the iron bars above. Buckets of water flowed. We were choked and burned by the lime mixed with water. Many fainted, others vomited blood. One woman was seriously injured when a block of hard lime fell on her head. At the same time, they went into the dispensary and threw lime onto the patients four times until all of them collapsed. They stuck the rest of the lime into the noses, mouths, and eyes of the patients so that some were blinded, others vomited and coughed up blood. After this, our bodies were all covered with lime. Yet they did not allow us to wash ourselves or clean the cells. So for two months, we kepty lying in the lime. We did not have a bit of water to cool ourselves. We had to wash our clothes with urine, consequently we itched and were covered with wounds.

One hundred and eight women were finally taken to Chi Hoa, another jail on the mainland. Here, they made demands that contacts between prisoners and their relatives be allowed and that prison conditions be improved. Shortly after, the trustees came into their new cells and beat them with clubs, table legs, iron rods and iron wheels.

These are only partial facts about the cruelty of Con Son and our present prison. We know that:

**The denial of freedom of thought is against international law.*

**The detention of prisoners who have never been sentenced or with expired sentences, or of crippled and chronically ill prisoners is an illegal act.*

**The act of leaving the prisoners in thirst and hunger, not giving them adequate medicine, killing them slowly, is an inhumane act.*

**The disrespect of the prisoners' human rights, treating the prisoners as if they were animals, are violations of human rights.*

We, the women prisoners, denounce the repression the beatings, the killing, and the violation of the prisoners' dignity.

We strongly protest against the Ministry of the Interior, Police Headquarters and the Directorate of Corrections which have given orders to the managers of the prisons to terrorize, repress, beat, and shackle the prisoners and send them to Con Son prison.

We ask the Committee for Prisoners' relations, women's Committee for Human Rights, Saigon Student Union and all other organizations to denounce the cruel acts and crimes of these people in front of the people in our country and throughout the world.

We put all our faith in you and impatiently wait for your intervention.

Chi Hoa, Sept. 20, 1970

(The letter is signed by 82 women. The others are scattered all over South Vietnam in other jails and were not able to sign.)

north viet nam

HANOI (LNS) -- It was right before Thanksgiving that the U.S. tried its dramatic invasion of the Son Tay prisoner of war camp in North Vietnam. AFter two and a half months of intensive training the Green Beret volunteers jumped from their helicopters to find -- a deserted camp.

The defeat or victory of that little escapade really meant very little to the high command. (Considering the efficiency of the NLF intelligence system and the weakness of the American one, it's possible Nixon and his cronies actually expected heroic success.) The most important thing was to prove once more that the Pentagon, the Defense Department, yes the whole military-industrial complex itself was doing its damnedest to save our boys locked into concentration camp prisons by those evil yellow men behind the bamboo curtain. [SEE INSERT, END OF ARTICLE]

The establishment press jumped on the bandwagon full force. Time magazine circulated a dialogue between a military advisor and Nixon:

MA:"If you get 50 men out, sir, it's worth it."

NIXON: "No," [pause, crack in voice] "If you get five, it's worth it."

Every major magazine has had a spread on prisoners' wives and their dilemma about "how to tell the kids about daddy" and how to raise the children without a father.

In Vietnam that kind of dilemma doesn't exist. Vietnamese children often have to raise themselves without a father, a mother, or maybe without an arm or leg which has been napalmed or bombed away. And if she or he is killed, the whole dilemma is solved.

1,500,000 Vietnamese men, women and children have been killed, 5,000,000 are refugees living far away from villages that are now defoliated craters. The fact that an American president made a dramatic television speech about stopping the bombing has made no difference because the bombing in Vietnam, as well as in Laos, Cambodia and Thailand, continues with the force of two and a half Hiroshimas a week

So it's not surprising that Pham Van Dong, Premier of North Vietnam, could only react with anger when the U.S. quibbled over whether the 368 names released by the North Vietnamese as prisoners of war was the exact figure:

"The Nixon people are really scoundrels, really scoundrels to talk of this. It is they who show no humanitarian concern by talking like this. We Vietnamese know all too well what it's like being prisoners of war -- under the French. Yet when they were our prisoners we treated them well. Ask them. Ask the Americans in our camps. I swear to you that these men are well treated."

Michael Maclear, a Canadian who is the London correspondent for the Canadian Broadcasting Corportation, toured a prison camp on Christmas Day with some other newsmen. He was able to interview two captured flyers.

"I know I've had the deepest discussions I've ever had in my life with my fellow prisoners here," says Commander Robert James Schweitzer, shot down just outside of Haiphong in January 1968. *"We've had to go to the very core of a number of things -- loyalty, what it is, where does it lie; and morality, legality, things that in our affluent, rushed life I suppose that in our country we don't normally give much thought about. But here we definitely do. I feel all of us do. We talk about it at great length."*

He is wearing gray-green fatigues and sandals and sitting at a table in a large communal hall with a stage at one end. The stage is aglow with colored bulbs, tinsel, and a lavishly decorated Christmas tree There are four other buildings like the one they are in The buildings are grouped around a spacious grassy area; in the center is a concrete-lined pool with willow trees hanging over it On the opposite side of one of the buildings are volleyball and basketball courts. The complex is enclosed by a 15-foot wall with two strands of barbed wire on the top.

The four other buildings resemble army barracks which were built before the French left in 1954. Each building is divided into 6-10 rooms. The rooms have bars on the windows and bolts in the doors but could not be described as grim cells. Each is about 20 feet long and 12 feet wide and contains three single beds Only two of the beds in the room are made up -- with two blankets on each. On the walls are plastered family pictures, crayoned Christmas drawings, and religious messages. In one room a guitar is hanging on the wall.

Commander Walter Wilber, shot down over Nghean Province in June 1968 after 20 missions, spoke:

"The answer of course is that the war must be ended and must be stopped now. We've just got to stop this thing. We've got to grip the facts as they lie and stop the war. And of course, we must withdraw our troops to stop the war. That's a condition we have to face. Then the Vietnamese can solve their own problems. I'm confident of that. Stop the war, get the troops out. That's what we've got to do. That's what the big job is."

"Of course I agree," Commander Schweitzer went on. *"As I say, I'm terribly concerned about my country and I feel that the future of our country as well as Vietnam and Indochina cannot be served by the prolongation of this war, whatever the reasons and causes. I don't feel it's necessary even to rake over the old reasons of who was wrong, who was right. It has been proven, as far as I'm concerned."*

The night before, Christmas eve there had been a special dinner for the prisoners. *"Last Christmas eve,"* said Schweitzer, *"we visited the Roman Catholic cathedral for the midnight mass, which is a very enjoyable and a very moving ceremony. The place was tremendously crowded with Vietnamese."*

written by david ball

directed by joe walsh

The show was entertaining in ways; there were moments of theatrical ingenuity, and some political statements that the audience could take in and digest as they watched the show. But the first part of the play was lacking in energy, and felt stiff.

Before the audience could take their seats, we were made to line up, and were taken single file through an alcove where, while being informed of our rights,we were searched, photographed, and obliged to undergo a fingerprinting routine. It was not very strong, and the actors didn't seem to be into doing it. The experience left one with a vague feeling of uneasiness about the show.

Once the show got underway, it picked up- at times it was vibrant and moving; at others it was a bog. Also, there were some repetitions from two other M.E.T. productions; Alice in Wonderland, and America Hurrah. The "arrest" at the start of Billy Sunday was along the same line of experience as the beginning of Alice, in which the audience went down the elevator, ate the cake, and went back upstairs into Wonderland.

There was a "Chinese" sequence in Billy Sunday, with the same character portrayals as in America Hurrah. Those who saw the first two plays will pick up on the repetitions; and those who did'nt, will not feel as though it is a "second run"- it seems fresh and spontaneous. Most of the actors are new to M.E.T., and this is their first show with the company.

They have not grown out of the earlier plays. The director seems to be following a pattern; it will be interesting to see where he takes it in future plays.

One got the impression throughout the show that the actors were saying something that was of great importance to the company, but it was not quite

clear what it was. There was some confusion as to where the group was at - whether their message was political, or a cultural one.

clear what it was. There was some confusion as to whether their message was cultural or political. One of the characters, an "Indian", laid down a very good rap about where white American culture is at: He talked about the Anglo deciet and destruction trip, and how the Indian homeland was transformed by the white man from a natural coexistence with the basic elements of life, into a polluted wasteland, ruled by whites, and stained with the blood of the only real Americans; the Indian. The statement was delivered in a new way- an honest approach, with some interesting results.

There was a Yippie who was always right there with his comments and humor. While he never got into anything heavy, he did pull off a few good Yippie upsets. There is some question these days as to whether or not Yippie tactics are effective. Billy Sunday points out some actions that make a definite impressions, and some that fall short. The Yippie spirit was engaging and pure.

Other parts of the play were not so clear. There were some parts in the show that were unmistakably sexist and racist. There is a scene in which Chinese are mimicked, and black slaves are imitated in the basest, most degrading way. There is also a doubtful about black people were some tense moments when one of the women became a "body" to be used and/or abused at will by one of the actors. What the company was doing with these images was very vague. It was impossible to tell whether there was a lack of consciousness and the cast was a lot of sexist racists; or whether they were holding these things out to us to say that we must smash these elements of our society along with the politico-economic oppressions.

As a theatrical production, it pulled together, and it came off okay. The music, by the Greg Gilmer

Blues Band, was right on. They were strong and sure and exciting behind the actors. At the end of the show they had us all on the floor dancing. It was fun and entertaining.

A play can be entertainment only, or it can be educational as well. Theatre, like most performing arts, is changing. More and more, people are using their art to convey a message that is, to them, more important than the art form itself. This approach means that the media can be simplified. It also means that the actors have to be where the show is at, all the time. It isn't just acting anymore. It's living revolution.

THE MESSENGER RAINBOW OF CHANGES

Fire and air; creation. Earth and water; growth. This is the Whole Earth Rainbow. The music they play springs from jazz ancestry and carries the spirit of Evolution on journeys of exploration. Steve Kimmel, who plays drums and vibraphone, began the session at the Riverside Cafe, with a Tarot reading that opened our minds and senses to receive a new form of message: Fragments of an ever-changing reality, picked from the air and transformed into tones and rhythms. The patterns they played were well defined and full of movement and fresh, exciting spontaneity.

The musicians themselves were comfortable in their airy realm, yet intense in united concentration. Each member had a part to play, a piece of the sky to hold up as they explored the vastness of creation.

Kimmel, on the drums or vibes, has a sense of time (space) and clarity of voicings that enabled him to pull the group out of occasional spaced out ramblings, together into a beautiful collective statement with positive direction; burning with energy, or hovering with tentative understanding. On one number, "All Blues," by Miles Davis, Kimmel became the blues and held it out for us to feel and lose ourselves in - he was teaching us to experience while showing us his head. He used the vibes as a voice that could convey concepts that can't be put into words but are definite and meaningful.

Dean Granros has a guitar style that seems to stem from a blues background, but takes it a step farther. The first time I heard him was at the place called Home where he played with Softball. He was the one who kept things tight and interesting. He still does, only now he takes in alot of information as he plays and some of it comes through his music. He catches fragments and relays them to the rest of the group; they could pick up on what he was saying, or not - however it happened was fine. There was no sense of obligation or individual ego tripping among the musicians. They were together to discover the creative force behind the music and let their own spirits interact on that level.

Dave Peterson, who played bass, was with all of the changes and was in on the creations, but the bass was so quiet that it was hard to tell what part he played in inter-group communication. Sometimes it seemed as though he might have been experimenting with disonant harmonies, but that was really uncertain. The bass could, however, be felt and he provided the sustaining pulse that was needed when Kimmel left the drums to play vibes.

Eugene Hoffman sat in after awhile that night on tenor sax and gave the group the solidity that was lacking earlier in the evening. He made full, well-developed statements that always supported and often completed or tied together what the rest of the group was working on. Hoffman has been playing Soul Rock and blues and has learned to place both feet firmly on the ground while he pokes his head up into the clouds. He follows the chord patterns but he has a creative imagination and fluency, so he can move around alot within the structures.

The group is a moving creative force with strength of purpose and clarity of direction. They play music that is not just pretty, but their sound is basic - a universal beginning upon which to build.

As of the beginning of Winter Quarter, there are about 70 people who are taking instrument lessons from about fifteen teachers. All classical instruments are offered, plus lessons for all styles of guitar, and all popular folk, blues, jazz and rock instruments; such as jazz flute, blues piano, banjo, mandolin, drums, lead guitar, electric bass, etc. Popular musicians who are teachers at the school include Dean Carr, Tom Gravelin, John O'Brian; folk and blues guitarists, and Dean Granros; jazz guitar, Steve Kimmel; percussionist and vibraphonist, Roy Alstad and Dan Zieman (formerly of Abraxis, now with Mojo Buford); electricblues guitarists, John Beach; blues piano, Bill Hinkley Banjo; mandolin and country fiddle . The classes that WBSM now offer are Music Theory I, Music Theory II, Fundamentals of Music of Guitarists, Fundamentals of Music, Composition Workshop, Straight Music (side view), a free music survey course, and three guitar workshops- beginning, intermediate, and advanced. All classes meet once a week, in the evening, and cost $17- $20 for the whole quarter. Winter Quarter began Jan 11. Most of the classes are taught by the schools director, Warren Park.

WBSM, according to Park, is the only institution in the Twin Cities that offers instruction for such a variety of instruments and styles. The schools approach is unrigid and unstructured, and free of academicism, says Park. There is no testing, grading, or competition of any kind; only relaxed, informally presented learning where the student learns as much or little as he or she wants.

Those that are interested in finding out more about what the school offers are encouraged to call 336-1991, or stop by at 1813 6th st. So., just off 6th and Cedar, and talk to anyone there.

YOGA

DAILY ASANAS

Yoga postures (asanas) are the antithesis of western calisthenics. Rapid exertion builds muscles,increases stamina,strains the body and generally treats the body as a hot-rod driver treats his machine.

Yogis attempt to unite and harmonize the mind with the body and try to invoke peaceful, restful levels of consciousness. Slow,rhythmic breathing and relaxed,easy stretching motions are combined to achieve these states of physical physical/mental union.

Muscles are toned up and nerves are tuned up. Every musician knows that good music can't be created on an out-of-tune instrument. Our bodies are capable of laying down some far out riffsif we can tune up to the correct celestial notes.

While doing the exercises wear loose comfort -able clothing or none at all. Wait at least three hours after you've eaten. Avoid distract -ing interruptions and noises.

Never strain yourself to accomplish postures you've seen in books. It will all come gradually as your seldom-used body limbers up and unwinds. You should "feel"the stretch but stop before the pain threshold is reached.

Remember to consciously breathe with the diaphragm as you do the asanas. Don't take a deep breath, then plunge into the posture and blow out the stale air in a loud blast. Do a rhymical mellow thing. All the breathing is through the nose. If any dizziness occurs, stop immeadiately and rest flat on your back until you get back to earth. NEVER practice breathing exercises while driving.

Serious, disciplined DAILY practicing will bring noticeable results sooner than just 'messing around." It is better to practice 15 minutes each day than an hour every three days.

In between postures lay flat on your back with the legs and arms spread, breathing deeply, slowly and quietly. This is called the 'Corpse Posture.' For every minute spent in actual exercise, 3-4 minutes should be spent getting the breath and body relaxed. The essence of yoga is the alternation of tension and relaxation in a dialectical relationship.

The LEG LIFT is a good basic limbering exercise to start with. Lie on your back, legs together, arms at your side, and palms down. Create tension in the hips, legs and abdomen. As you lift the legs to a 45 degree angle, inhale in one long deep breath. Raise the legs to 90 degrees and exhale (Keep buns on the floor if possible; don't point your toes). Then inhale, lowering the legs to 45 degrees and finally to the floor as you exhale.

Gradually work up to 6 or 8 of these lifts. Also do the routine alternating legs. Another variation is to hold the legs for 1/2 minute about 3" from the floor.

The SHOULDER STAND is a further refinement on the lift. Raise the legs to 90 degrees. Place your hands on the hips and raise the entire lower body so it is 90 degrees to the floor.

Another LEG EXERCISE in a sitting position will give you the flexibility to assume the half lotus and full lotus postures.

Sit erect on the floor and stretch out your legs in front of you. Take your right foot, place it in the crook of your left elbow, and place your right knee in the crook of your right elbow. You should be holding your leg in your arms like a baby. Clasp your hands together around your leg; pull it gently but firmly against your chest. Really get to know your leg--rock it in your arms from side to side and back and forth against your breast.

Now straighten out your leg again and take your right foot in your hands. Push your leg straight back (not to the side) and place in over your shoulder. Your leg should be positioned so that your thigh is alongside your body, parallel to your back, the knee bent at shoulder level, with the leg hanging over your shoulder, next to your head. Do the same with the other leg. Don't force it.

Go slowly, gently, and practice often. Soon your legs will be very limber and the practice of many other asanas will be facilitated.

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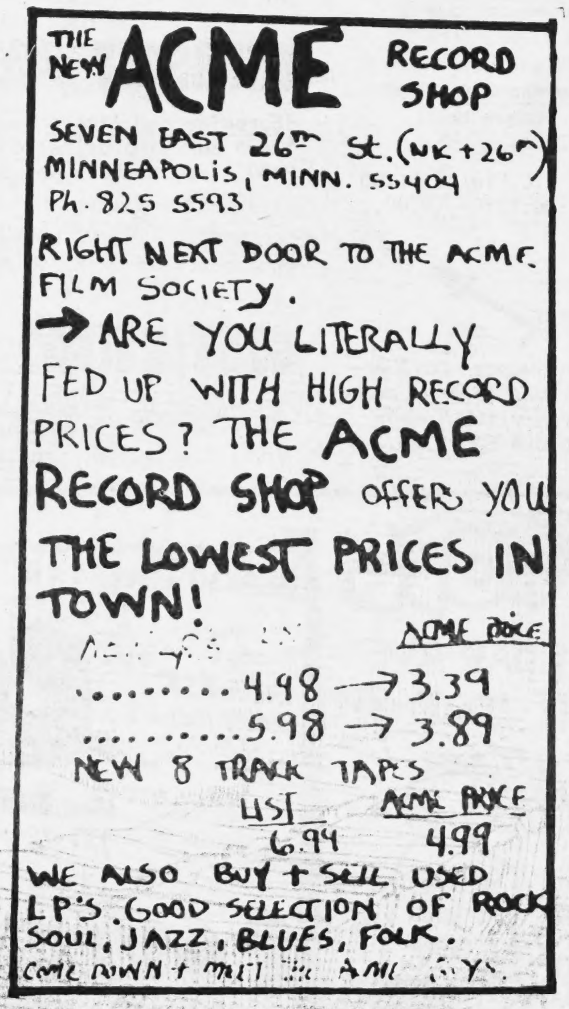
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CALENDAR

THURSDAY

"Free Love is Cheap at Any Price" 8:00,general admition $2.75 Brave New Workshop...Improvisation Session free 9:30 jan 14

"Biological Effects of Hebicides In North VietNam " lecture:Arther Westing-North Star Balling Room Jan 14, 11:15am (The North Star Balling Room is in Coffman Union at the U.of M.)

"Maurice Mckinnies Free System Quintet"Extraordinaire 8:00-1:00 $2.00,$1.50-weekday jan 14

FRIDAY

"Foreplay and Afterthoughts"8:00 10:00...general admit. $2.75 Brave New Workshop jan 15

"Wizard of Oz"first version 1925 8:00,10:00,12:00 $1.00donation jan15 Acme

"Butch Cassidy &Sundance Kid" North Star Balling Room, Coffman, UofM. Campus. Jand 15,16. 8:pm $1.

"Metropolis"film directed byFritz Lang,made in Germany1929 famous and earliestscience fiction8:00 and 10:00 Xanadu $1.00 donation

"Yoga and Reincarnation..."lecture by David Williamson the 15th,7:30 $1-2 depending every fri,Gnostica

"Bo Conrad Spit Band"&"Great Scott And The Magicians"Whole Coffee, Coffman basement Jan. 15, 16. 9:pm $1.

SATURDAY

"Films of the Third World""Blood of the Condor" Bolivia 1969 7:30. "Valpareiso MiAmor" 9:30 Museam of Natch History Auditorium $1.25 jan 16

Wizard of Oz"first version 1925 8:00,10:00,12:00 $1.00 donation jan 16 Acme

"The Crimes of Dr. Mabuse"1932 in Germany-fast pace thrillerabout the insane criminalmastermind Dr Mabuse Xanadu jan16

"Highschool Festival Orchestra" 8:00 Free Northrup, Jan 16

"Free Love is Cheap at Any Price" 8:00,10:00,12:00, general ad. $2.75 Brave New Workshop jan16

SUNDAY

"Polar Ecology"&"Swamp"good ecology flicks 2:30&3:30 Free Museam of Natch Hist.jan 17

"Steve Paulas"piano recital 8:00,Free Scott Hall Auditorium jan 17

"Foreplay and Afterthoughts"8:00 general ad. $2.75 Brave New Workshop jan17

"Nashville Brass with Minnesota Orchestra"Northrup 4:00p.m. $2.75 -$5.50 jan 17

MONDAY

Grow Yer Own

TUESDAY

"Free Love is Cheap at Any Price" 8:00 $2.75,improvization session ,9:30 free jan 19 Brave New Workshop

WEDNESDAY

"Foreplay and Afterthoughts"8.00 $2.75,improvization session 9:30 free Brave New Workshop jan 20

"Laural and Hardy"movie 12:15P.M. North Star Ballroom Free Jan 20

"Ross Saurela"BSA violin recital,Scott Hall Audit. Free 8:00 jan 20

THURSDAY

"Free Love is Cheap at Any Price" 8:00,$2.75 adm., improvization session 9:30 free Brave New Workshop jan 21

"Resocializing Men's Attitudes Towards Women's Role"Warren Farrell, 8P.M.,Hamline Student Ctr. Ballroom jan 21

FRIDAY

"Storm Over Asia"1928 directedin Russiaby V.I. Pudovkin,silent classic of war and revolution in Soviet Union $1.00 donation Xanadu jan 22 8:00& 10:00

"Hour of the Furnaces"7:30 & "Blood of the Condor"9:30 of Natch History $1.25 jan 22

"Edith Peinemann"a violinist featured with the Minnesota Orchestra 8:30 p.m. $3.50-$6.00 Northrup jan 22

"University of Iowa Ensemble" --music Free8:00,Scott Hall Auditorium jan22

Ron Nigrin,and Ann Dickinson Whole Coffee, Coffman basement. Jan 22, 23. 9:pm. $1.

"Foreplay and Afterthoughts"8:00 &10:00 p.m. $2.75 Brave New Workshop jan22

"Horse Feathers" W.C.Fields $1.00 donation Acme 8:00,10:00,12:00, Jan 22, 23.

SATURDAY

"Arsenal"1929 by Alexander Dovzhenko -tells of civil war in the Ukrainehas been compared withPotemkin $1.00 donation Xanadu8:00&10:00 jan 23

"Free Love is Cheap at Any Price" 8:00,10:00,&midnite $2.75 adm. Brave New Workshop jan 23

"Hour of the Furnaces"7:30 & "Blood of the Condor"9:30 Museam of Natch History $1.25 jan 23

"University of Iowa Ensemble" 8:00 Northrup Audit. Free jan 23

SUNDAY

"Return of Draw Egan"with William S. Hart,movie,North Star Ballroom $1.00,8:00 jan 24

"Dr. Leaky and Dawn of Man"& "White Throat"2:30&3:30 Museam of Natch History Free jan 24

"Symphany Band Two"4:00 Northrup Free jan 24

"Foreplay adn Afterthoughts"8:00, improvisation session 9:30 free Brave New Workshop jan 24

"University of Iowa Ensemble"8:00 Coffman Ballroom Free Jan24

"University Band"4:00pm. Northrup jan 24

"The Return of Draw Egan"with William S. Hart--silent cowboy ¢75 North Star Ballroom jan 24

MONDAY

"Opus Musicale"Micheal Hauser flamingo guitarist 8:00 Guild of Performing Arts $2.00 studs. $3.00 jan25

TUESDAY

"Foreplay and Afterthoughts"8:00 $2.75 adm.,improvization session 9:30 free Brave New Workshop jan @6

"Advanced First Aid Classes" free but you must get own book 7:00 rm.202,204,206,St.Paul Student Center jan 26

WEDNESDAY

"Beginner or Standard First Aid Classes"Free 6:30 rm.202,204, 206 St. Paul Student Center jan 27

"Foreplay and Afterthoughts"8:00 $2.75 adm.,improvization session 9:30 free Brave New Workshop jan 27

THURSDAY

"Foreplay and Afterthoughts"8:00 $2.75 adm.,improvization session 9:30 free Brave New Workshop Jan 28

LEO KOTTKE, Whole Coffee, Coffman basement. Jan 28th, 9:pm $2.

CONTINUINGS

"Wizard of Oz" oliver Hardy and Larry Semon $1.00 donation Acme 8:00,10:00,12:00, jan 15,16.

Richard Grooves Holmes direct from N.Y. 9 pm--1 am. $4, student $3.50. jan 20-25. Progressive jazz at the Extraordinaire.

"Lectures..Course of Three"7.50 Jan 25:8:00p.m. Minnesota Church Center,122 W. Franklin"Theatre Fare in Mpls. and St. Paul" Jan 26:The New Economics in the 70's" Nolte Center Jan 27:8:00"The City in American History" St. Paul Jewish Community Ctr. 1375 St. Paul Ave. non-credit must register 3735166

"Theatre on the Ballustrade of Prague" feature performer Ladislave Fialka,mimist,Northrup $2.50-$5.00 373-2345,jan 27

"Arts Opportunity Experience"Stuent photography work,Mpls.Inst. of Art Jan 11-16

"Aquatints,Etchings "Stud ctr. gallery,Rouser Room..by LeCorbusier free thru jan 30 free

"Micheal DeLisio"Mpls.Inst.of Art,in the gallery thru feb.3

"Art Lab Film Makers Co-op"work shop ¢75,jan 19-7:00-10:00,jan 20-12:30-4;00,jan21-7:00-10:00 Museam of Natch History

"Batiks" by Ellen Errede at the North Star Gallery

"Elaine Baillie's Exhibit"at the upstairs gallery at 602--4th street,White Bear Lake 9-6pm. m-th.,9-9pm.fri,9-5 sat. jan 10-feb 5

"Photography"by Greg Rosenoww thru feb 5, Main Lounge Gallery free

"Jerry Rudquist"showing recenent works,Mpls. Inst.of Art,Free jan 27-feb 28

"Antonio Das Mortes" -Brazil '68 Films of the Third World seriries. Museum of Natural Hist. Jan 28, 29, 7:30 & 9:30pm, Jan 30, 7:30 only. $1.25

"Who Invited Us" *(banned by the producers of N.E.T.) U.S. role in Dominican Republic to South East Asia. C.I.A.. Thurs. 7:30 & 8:45, 10:pm . Museum of Natural History.*

"New Artwork Owned by Museam" " In print gallery at Inst. of Art jan 17-mar 7

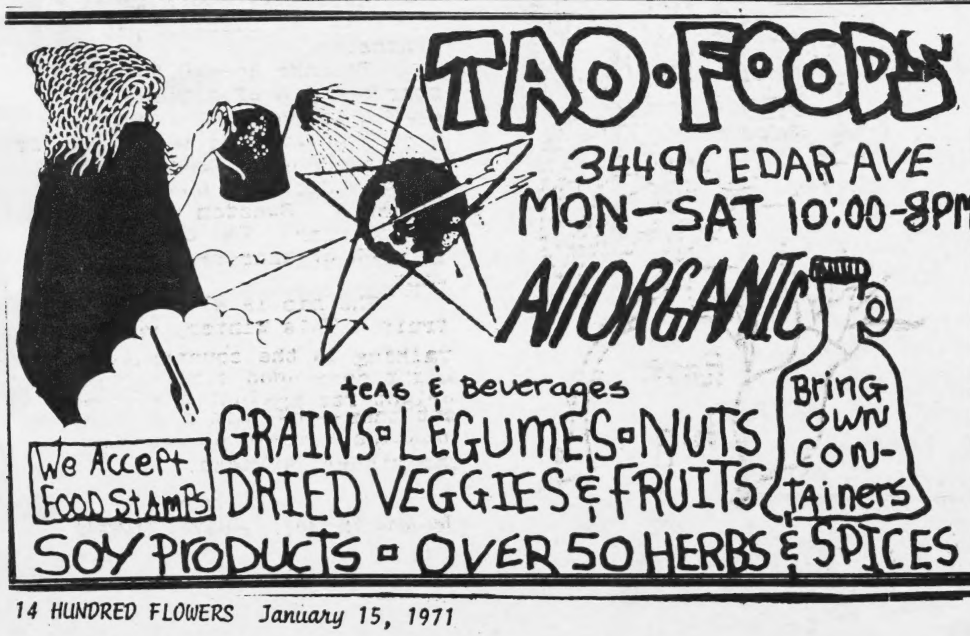
"Selections of the Permanant Selection"Art..paint and sculptuure Univ. gallery at Northrup call for $ and time

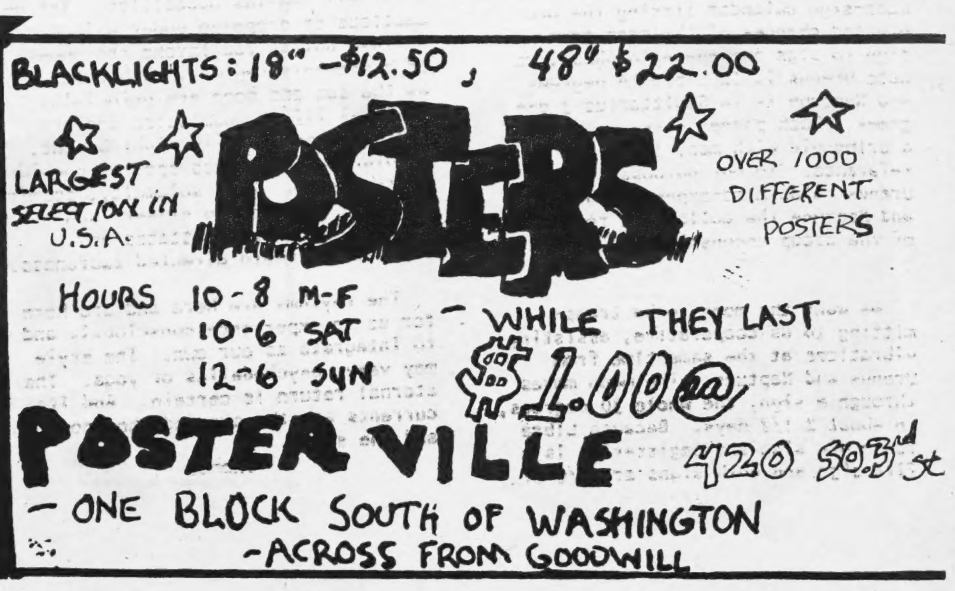
"The Town Billy Sunday Couldn"t Shut Down" 15,16,17,&22,23,24 7:00&10:00 on sats. 8:00 other days $2.00studs.,2.75adults sunday...contributions Guild of Performing Arts

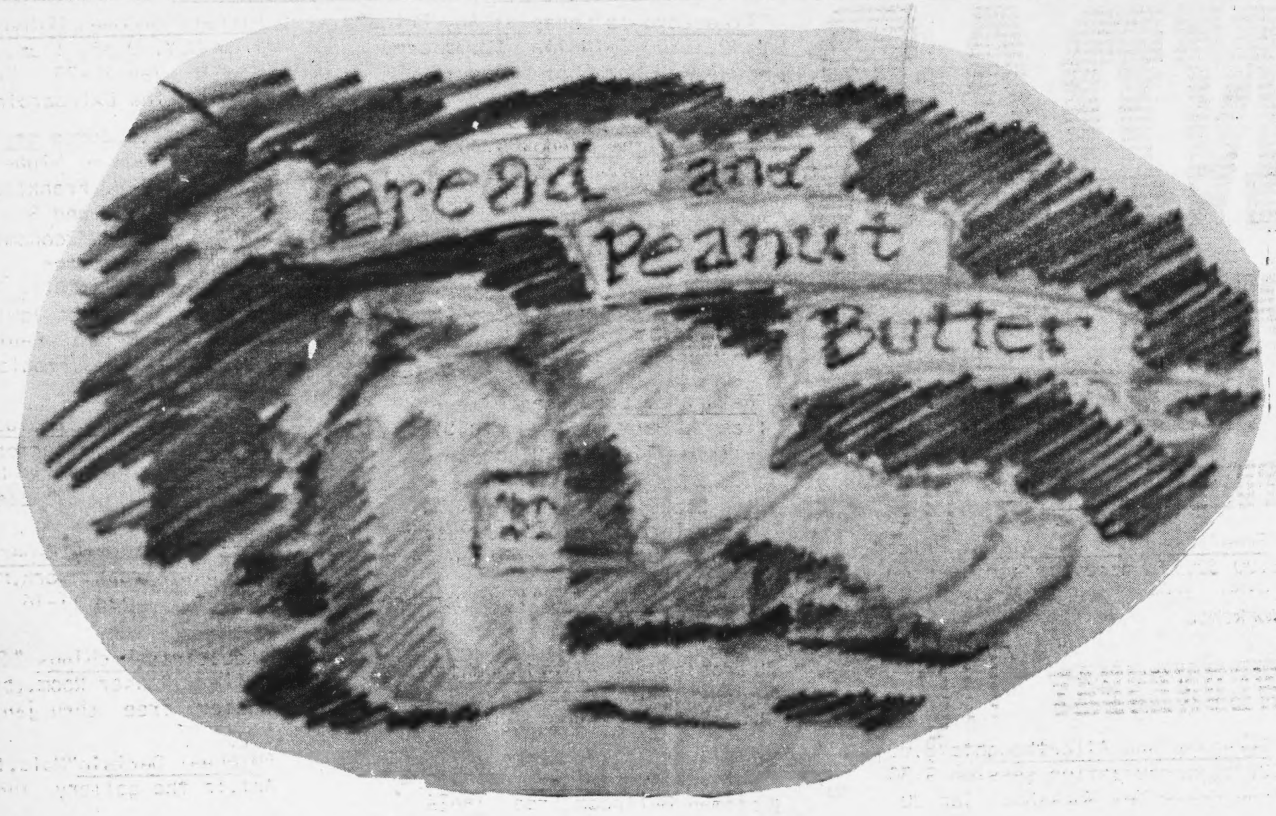
"Works of Art from Faculty and Staff Collection" Free,Northrup jan 21- Jan 31

"Animal Farm" George Orwell made in England , +3 min. short:"J.C. Superstar",+"XII Flash" , 8:&10:pm fri.&sat. Sunday just 8:pm. Jan. 22,23,24.

"Of Mice and Men" John Steinbeck Piper Film 8:,10:15 & 12:30 Fri.& Sat, Sun. just 8:pm Jan. 15,16,17. $1. donation







and NUT BUTTERS

Homemade nut butters are really good with homemade bread. All you need is a grinder or access to one, and peanuts, cashews, almonds, seseme seeds, sunflower seeds, or whatever else kind of nuts you like. Experiment with toasting the nuts or seeds to different shades of brown, or grind them raw, and add salt and oil to your taste, or eat the ground nut butter straight if you prefer.

Here's how I like to do peanut butter: Spread the peanuts out on cooky sheets and toast for about 20 minutes in a 375° oven, until they are turning brown and the oil is coming out. You may need to stir the peanuts around during the toasting process. It depends on your oven and the pan you use for roasting. Then put the peanuts through the grinder at as tight a grind as you can without wrecking yourself. The finer the grind the smoother the peanut butter and the more natural oil will appear. Add salt to taste after it is ground, and oil to the consistency you like your peanut butter at.

ROUND BREAD

North Country people need to eat whole wheat for strength to face the rigors of a Minnesota winter. And if you aren't eating meat, or much meat, for one reason or another, bread should be an important source of nutrients. Obviously not supermarket styrofoam, loaded with preservatives and made with bleached, overprocessed, chemically treated ingredients. Make your own.

Here is a 19th century bread recipe from Massachusetts you could try. I've converted it to be compatible with a natural foods diet.

1 3/4 cup water
1/2 cup cornmeal
2 tsp. salt
1/2 cup molasses
4 tbs. oil

2 envelopes (or 2 tbs.) dry yeast
1/2 cup warm water

3 cups whole wheat flour
3 cups oatmeal
1/4 cup soy flour
(keeps bread fresh longer)
1/4 cup skim milk powder
1/4 cup wheat germ
4 tsp. nutritional yeast

(These ingredients add protein and important vitamins to the bread.)

Heat water, cornmeal, salt, molasses, and oil until thick and bubbly. Pour into a large bowl to cool, about 45 minutes.

Mix the yeast into the warm water and stir to dissolve. Stir this into the cornmeal mixture when it is comfortably warm. Remember, too hot or too cold will kill the yeast.

Add other dry ingredients gradually, mixing thoroughly to make a stiff dough. Reserve a cup of flour to use while kneading. Knead for ten to fifteen minutes on a board, pastry cloth, or tabletop, using the reserved flour to prevent sticking. The dough should be wet enough to knead easitly, and dry enough not to stick to your hands or the table.

After it is well kneaded, coat the ball of dough with a little oil, put it in a large bowl, cover with a clean cloth and set in a warm, undrafty place to rise, about 1 and 1/2 hours or until double in bulk. Punch down, knead a few times, shape into a ball and place in a greased baking dish, at least 2 and 1/2 qt. size, or on a greased cooky sheet.

Brush top with oil and let rise again for about an hour, or until double in bulk. Bake at 375°for 50 minutes, until loaf is golden brown. Cool it on a rack and wrap it in foil, waxed, or transparent wrap. This bread improves in flavor and is easier to slice if it stands overnight.

from a reader
Dulcie Meredith Alfton

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PSYCHEDELICS AND THE MOON

The moon rules the vital flow of earthly fluid currents. The moon in its daily and monthly dance with the sun and the earth raises and distends the oceans usually in a harmonious rhythm but sometimes with tragic force as with the Pakistan disaster by flood at the full moon of November. We can feel as we become more sensitive these cosmic forces at all times operating in cyclic patterns.

Agricultural astrology harmonizes patterns fruitful to seed growth by coordinating season, humus, type of seed, cycle phase and sign of the moon.

Psychedelics expand one's awareness beyond the right ego to the cosmos. Since these drugs incorporate cosmic dimensions, people who harmonize mind, body, and cosmos tend to have more gratifying results.

The technique is similar to agricultural astrology. Having at hand an ephemeris, a daily listing of the planets' positions in the sky, or a moon-sign calendar listing the progressed changes of the moon from sign to sign and phase to phase, we note Uranus is in Libra 14 degrees and Neptune is in Sagittarius 3 degrees. Each planet corresponds to a principle with many levels of reference. To our purpose now, Uranus rules mind-expanding drugs and Neptune the collective force of the group unconscious.

We want the moon to be transmitting to us cooperative, assisting vibrations at the same time from Uranus and Neptune. The moon moves through a sign, the whole 30 degrees, in about 2 1/2 days. Because Libra is an air sign and Sagittarius is a fire sign and both signs are 1/6 of a whole in relationship to each other, Uranus and Neptune have friendly aspect. (Inscribe a six-pointed star in a circle to get the meaning of 1/6 of a whole, the 60° or sextile aspect.) Simply coordinate the moon to Uranus and Neptune.

The approach now is straightforward. Should we trip with the moon about one day into
Aquarius
Leo
Sagittarius, or
Libra
the correspondences and the vibrations and the togetherness will be very good.

In general squares and oppositions don't yield favorable results. That is why Aries and Gemini aren't listed. The moon there takes an opposition from Uranus and then from Neptune. It all depends on the kind of thing, the state, we are after. Some balance after all implies opposition. Yet be cautious of dropping under a lunar eclipse unless you invoke its power in a premeditated way. Otherwise as the sun and moon are principles of vital life transmission and are disconnected the trip night be too. A solar eclipse takes special consideration also. This solemnity, cosmic marriage of gold and silver, sun conjunct moon, precipitates an especially inward directed awareness.

The rhythms are here and are here for us to experience consciously and to integrate as our own. The style may vary, psychedelics or yoga. The eternal return is certain. And its currents are the sun and the moon and the stars.

Thomas

HERBS

ROSE HIP TEA

As the sun went into Libra, and after the puddles were freezing over at night, we piled into the back of Old Blue. As we rode, we peeked out the back windows at the leaves, just turning to reds, golds, and oranges. We drove until we came to the edge of a marsh on the edge of a lake. There we found little bushes, about waist high, covered with bright red berries. These were wild Rose Hips. Some we ate as we picked, but most of them, already dried, we put into the bags we had brought along. As we gathered we thought about summer, and how beautifully it was ending. We listened to the reeds rustling: The ducks and geese were flying South. Harvest was almost over.

Now that it is Winter, and fresh fruits and vegetables are coming no longer from our gardens, we drink Rose Hips tea daily. We know it is a great source of Vitamin C--better than oranges, and of course, for those following the Macrobiotic Way, it is a readily available source as it grows abundantly in the North.

Vitamin C is known to help prevent colds, flues, and infections, as it is necessary if the body is to make anti-bodies. Rose HIps also contains other vitamins and minerals, including the bio-flavinoids, or Vitamin P, essential if the body is to assimilate the Vitamin C. This is the reason that naturally ocurring Vitamin C is far superior to the synthetic.

To make Rose Hips tea, pour one cup of boiling water over a teaspoon or two of the hips. Cover, and let steep for one-half hour. Do not boil, as heat destroys the precious elements. Sweetem with honey if you wish. You can drink as much of this tea as you want.

The hip is also good as a fruit. This Winter, while walking in the country you might come upon some hips, bright red against the snow eat them—they are a gift of sunshine, locked up against the winter darkness.

Joan

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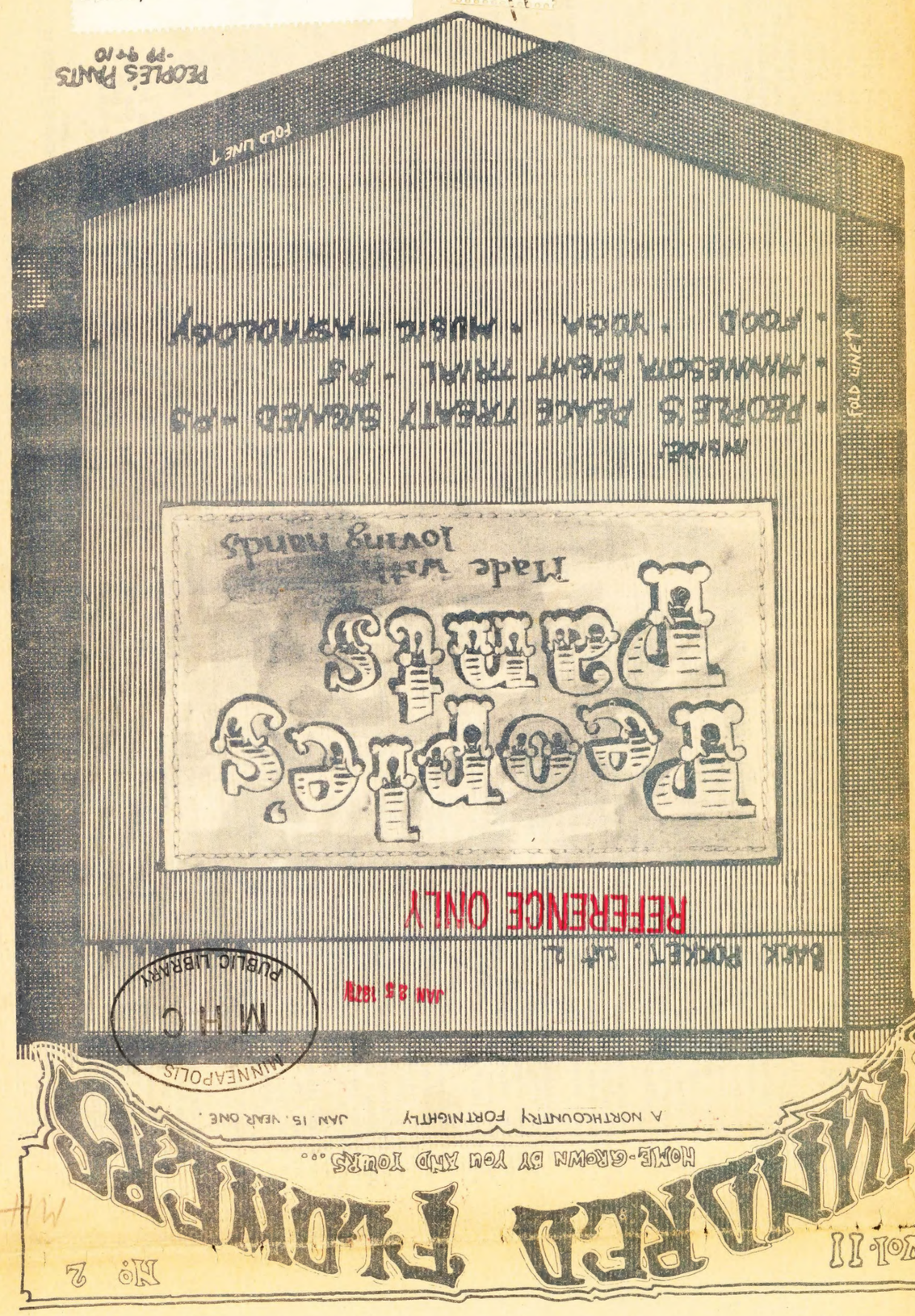
PEOPLE'S PANTS
-PP 9-10



HUNDRED FLOWERS VOL. II NO. 2 JANUARY 15, 1971

FRONT POCKET. cut 2.

↓ FOLD LINE ↓

SEWING INSTRUCTIONS for PEOPLE'S PANTS

POCKET. Turn under tops of pockets on fold lines and stitch. Press under along fold lines on remaining 3 sides of pocket. Pin pockets in place on pants legs and stitch 3/8 inch from edge and back around pocket 1/16 inch from edge.

LEG SEAM. Stitch inside pants seam and finish. [Finish one leg's seam toward front, other seam toward back--to have less bulk when crotch seam is sewn.]

CROTCH SEAM. Stitch crotch seam from center back to X at center front. Clip to seam ending at X. Also, trim seam to 1/4 inch at center back as shown on pattern--to avoid a lump in the center of your back when you lean back. Finish seam.

FRONT OPENING. Fold front opening to inside. Reinforce opening by stitching back and forth on all 3 sides of opening.

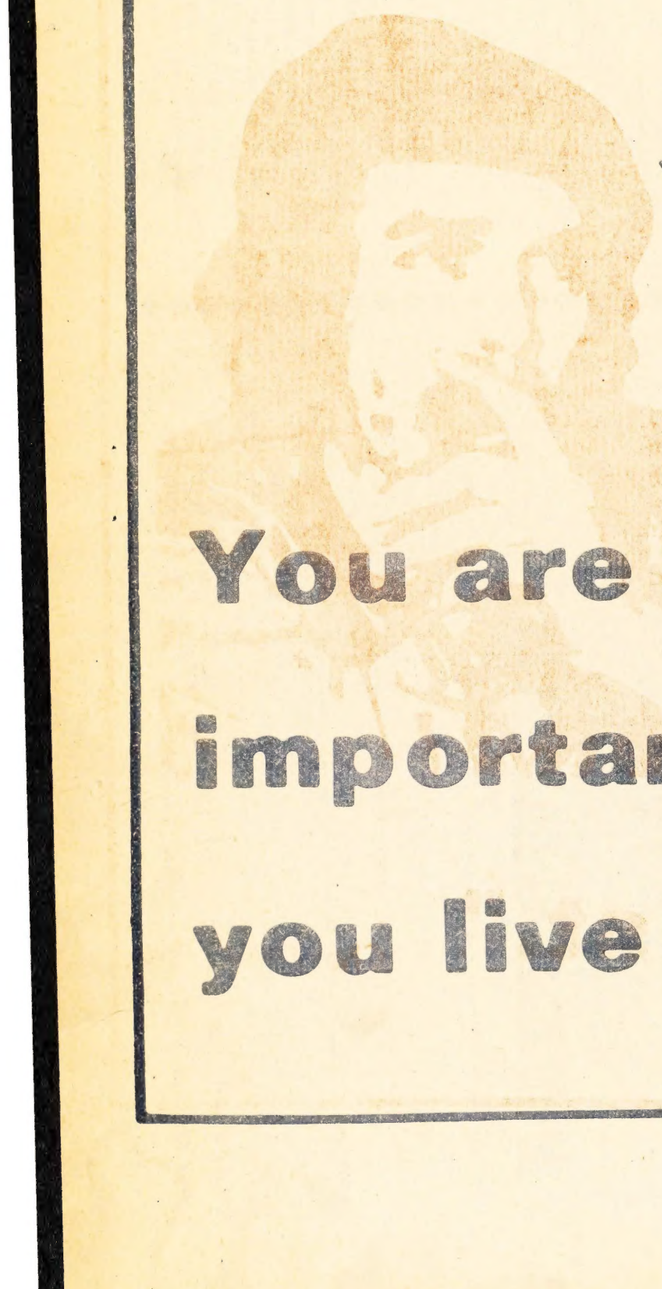
WAIST BAND. Turn under waistband along fold lines. Stitch down. [Stitch 1/1/6 inch from top edge also--optional.]

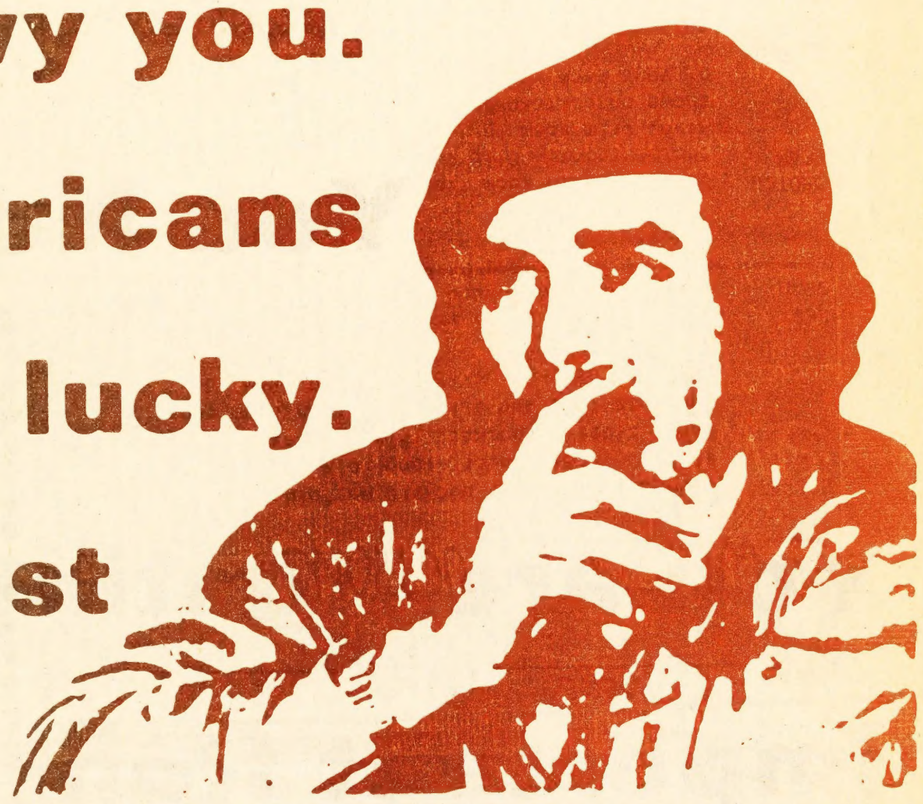
TIE. Fold tie along lines. Stitch along both edges. Pull through waist opening. Then stitch down on seam line at center back to keep tie from pulling out.

HEM. Hem or fray bottom of pants legs.

↓ FOLD LINE ↓

FRONT POCKET. cut 2.





"I envy you.
You North Americans
are very lucky.
You are fighting the most
important fight of all -
you live in the heart of the beast."

Che. 1964